

THE
TREASVRIE
OF
Hidden Secrets:

Commonly called,
The Good-huswiues Closet of prouision,
for the health of her Houshold.

Gathered out of fundry experiments, lately practised
by men of great knowledge : And now newly enlarged, with
diuers necessary Physicke helpes, and knowledge of the names and
*naturall disposition of diseases, that most commonly happen
to men and women.*

Not impertinent for euery good Huswife to vse in her house,
amongst her owne Familie.



LONDON,
Printed for *John Wright*, and are to be sold
at his Shop at the signe of the Bible
without Newgate.

1627.

THE
LITERARY
REVUE

London, 1841

Published by J. B. Bland,
No. 1, Pall Mall East.

Price 10s. 6d. per Volume.
The Volume for 1841 is now
ready for sale.

Subscription price 10s. 6d.
per Volume.

TO BE
HOLDEN
BY
J. B. Bland,
No. 1, Pall Mall East.



To all VVomen that loue and professe
the practice of good huswifery, as well
Wives as Maides.

Courteous Gentlewomen, honest Matrons, & ver-
tuous Virgins, I did not long agoe print (in my
opinion) a very necessary Booke of Cookery,
and bequeathed it vnto you, called, The good
huswiues hand-maid for the Kitchin; and percei-
uing no lesse but that it was acceptable among many of you, I
haue lately reprinted the same; and for that this Booke, called,
The good huswiues Clofet of necessary prouision for the health
of her household, containing, The manner as well to make all
kinde of Conserues and Sirrops, and Sugar-paste for banquet-
ting dishes, Succade, Marmalade and Marchpane, diuers sweet
distilled waters of great vertue, fine Powders for Presses, and
Chests, with woollen and linnen Clothes and Furrer, to keepe
them from moth-eating; and many precious Oiles of sundry
operations and effects: as also necessary directions for prepa-
ration of good and whollome Kitchin Phisicke, in making
good Medicines, whollome Drinckes, and other comforttable
things, to helpe and cherish the sicke and weake in your house,
hath likewise beene printed by me aforetime; I thought good
now to aduertize you that I haue conferred them both together,
and in examining them, found some things in the one, more
pertinent vnto the other: and some things in the one that was
likewise in the other, and therefore needlesse that the selfe same
things should be in both. I haue therefore placed each thing
that before was out of order in his due and conuenient place,
and doe commend both vnto your protection: the one for

The Epistle Dedicatorie.

your Kitchen, and this other ready helpe, alwaies at hand as a Storehouse, or Treasure of many profitable secrets, and vnkowne conceits to be vsed at occasion shall require. First, printed at the request of a Lady of great calling, and now augmented with some rare conceits not before published: How good fouer they be: yours they be: and my selfe at your command, to publish any thing that may be to your good liking, and to amend what otherwise shall prooue to your discontentment.

J. W. Printer.

**The Author of these Secrets
to this Booke.**

*My most Honourable Lady of Honourable regard, having
formerly written, earnestly requested, or rather
commanded, have a copy of the same.*

**Goodly Booke of profit and pleasure,
Gentle my Honourable Lady without delay:**

**Shew me a ready way for the performance
Of these things, with the would have no pay:**

**Yes, say, her command of me hath obtained
These: that no gold nor good could have gained.**

The

The Treasury or Closet of hidden Secrets.

To make a March-pane. Chap. r.

Take halfe a pound of blanched Almonds, & of white Sugar a quarter of a pound, of Rosewater halfe an ounce, and of Damaske water as much: beat the Almonds with a little of the same water; and grind them till they be small: set them on a few coales of fire till they wax thicke, then beat them againe with Sugar fine: then mire the sweet waters and them together, and so gather them, and fashion your March-pane: then take wafer cakes of the broadest making, cut them square, paste them together with a little liquoꝝ, and when you haue made them as broad as will serue your purpose, haue ready made a hope of a greene hazell wand, of the thickest of halfe an inch, on the inner side smooth, without any knags: lay this hope vpon your Wafer-cakes aforesaid, and then fill your hope, with the geare aboue named, the same dzinen smooth aboue with the back of a silver spoote, as ye doe a Tart, and cut away all the parts of the cakes, even close by the outside of the hope with a sharpe knife, that it may be round: then hauing white paper vnderneath it, set it vpon a warme hearth, or vpon an instrument of yron or brasse, made for the same purpose, or into an Oven, after the bread is taken out, so it be not stopped: it may not bake, but only be hard and thozow dried, and ye may while it is moist sticke it full of Conies of sundry colours in a comely order, ye must moist it ouer with Rosewater and sugar together: make it smooth, and so set it into the Oven or other Instrument, the clearer it is like a Lanterne borne, so much the more commended. If it be thorough dried, & kept in a dry and a warme ayre, a March-pane will last many yeres. It is a comfortable meat meet for weake folks, such as haue lost the taste of meats by much and long sickness. The greatest secret that is in making this clare, is with a little fine stowre of Rice, Rosewater and Sugar beaten together, and laid thin ouer the March-pane ere it goes to drying. This will make it shine like Ice, as Ladies repoꝛt.

To gild a March-pane, or any other kinde of Tart. chap. 2.

Take & cut your leafe of gold, as it lieth vpon the book into square pieces like dice, & with a Conies tailed end milled a little, take the

The Closet or Treasurie

gold by the one corner, lay it on the place, being first made moist, and with another tails of a Cony dy, presse the gold doونه close. And if you will haue the forme of an Hart, or the name of Iesus, or any other strange thing whatsoener, cut the same through a piece of paper, and lay the paper vpon your Marchpane and Tart: then make the void place of the paper moist with Rose-water, lay on your gold, presse it doونه, take off your paper, and there remaineth behind in gold, the print cut in the said paper.

To bake Quinces. chap. 3.

Ware them, take out the coare, perboile them in water till they be tender, let the water run from them till they be dry: Then put in euery coffin one Quince, in it a good quantitie of marrow. Also take Sugar, Cinamon, and a little Ginger, and fill the Coffin there with, close it, let it bake an houre, and so seruet.

To keepe Quinces vnpared all the yeare. chap. 4.

Take ripe Quinces, and at the great end cut out a Rimple, then take out the coare cleane, and stoppe the hole againe with the same stopple (but pare them not) & perboile them a litle, take them vp, and let the water draine from them, then put all the sides, and some of the smallest Quinces in little peces all to rest, into the water to here in all the Quinces were perboiled, and let them stey till the liquoz be as thicke as molten sise that Painters occupie, then take it from the fire and let it cole: in the meane season douch your cold Quinces in a barrell, or in an earthen pot, the great end vnder wards (if the stopple be out, it makes no matter) and one vpon another. Then put the liquoz in, that it be an handfull ouer and aboue them: Cover them close, and after 4. or 5. daies looke to them, and when you se the liquoz sunke doونه, put in more of the same, which you purposely kept to cover them, as before: then lay a boord vpon them, & a stone, that they rise not, and cover the vessel close with a thicke cloth folded that it take no aire, so let them remaine. And when ye intend to occupie some of them, vncouer the vessel, and ye shall find a creame cowering the whole liquoz, beate it in the middell, turne it ener with your hand, then take out your fruit in order, beginning in the midst first, then by the sides, so that you remone none, if it may be, but those that they take away: and euery time you beate the creame, turne it ouer againe into his place, for you must know, that the creame keepeth out the aire, and keepeth in the strength of the steepe, therefore it is

Reth

keeth much to the conseruation of the fruit to saue it, and also to se the bestell close couered. Also, when you will bake your Quinces, wash them well and cleane in warme water, and bake them as before is written.

To make Vineger of Roses.

In Sommer time when Roses blow, gather them, ere they bee full spread or blowne out, and in dry weather, plucke the leaues, let them lie halfe a day vpon a faire board, then haue a bestell with Vineger of one or two gallons (if you will make so much Roset :) put therein a great quantitie of the said leaues, stop the bestell close after that ye haue stirred them well together : let it stand a day and a night, then diuide your Vineger and Roseleaves together in two parts, put them in two great glasses, and put in rose leaues enough: stop the glasses close, set them vpon a shelfe vnder a wall side on the Southside without your house, where the Sonne may come to them the most part of the day: let them stand there all the whole Sommer long, and then straine the Vineger from the Roses, and keepe the leaues, and put in new leaues of halfe a daies gathering, the Vineger will haue the more odour of the Rose.

You may vse in stead of Vineger, Wine, that it may worke rager, and receiue the vertue of the Roses both at once.

Spencer, you may make your Vineger of Wine, White, Red, or Claret: but the red doth most binde the belly, and the White doth most loose.

Also, the Damaske Rose is not so great a binder as the red Rose, and the White loseth most of all: Whereof you may make Vineger roset.

Thus also you may make Vineger of Violets, or of Elderne flowers: but you must first gather and vse your flowers of Elderne, as shall be shewed hereafter, when we speake of making conserue of Elderne flowers.

To make Paste of Sugar, whereof may bee made all manner of fruits and other fine things with their forme: as Platters, Dishes, Glasses, Cups, and such like things, wherewith you may furnish a Table, and when you haue done, you may eat them vp. A pleasant conceit for them char sic at the Table. cap. 5.

Take

The Closet, or Treasurie,

Take Gum Dragant, as much as you will, and steep it in Rose-water untill it be mollified, and so; four ounces of Sugar, take of it the bignesse of a beane, the iuyce of Almonds, a Walnut shell full, & a little of the white of an Egge: but you must first take the Gum, and beat it so much with a pestle in a morter of white marble, or of brasse untill it become like water, then put to it the iuyce with the white of the egge, incorporated well together. This done, take foure ounces of fine white Sugar well beaten to powder, & cast it into the morter by little & little, untill it be turned into the forme of paste: then take it out of the said morter, & bray it wth the powder of sugar, as it were meale or flower, untill all be like paste, to the end you may turne it, & fashion it, which way you will: when you haue brought your paste to this forme, spread it abroad with Cinamon upon great or small leaues as you shall thinke it good, and so shall you forme and make what things you will, as is also said, with such fine conceits as may serue at Table, taking heed that there stand no hot thing nigh vnto it. At the end of the banquet they may breake all, & eat the platters, dishes, glasses cups, and such like: for this paste is delicate and sa- uourous. If you will make a thing of more finenesse than this, make a Tart of Almond, stamped with Sugar and Rose-water of the sort that Marchpanes be made of: this shall you lay betwixt two parts of such vessels, or fruits, or some other thing, as you thinke good.

To make Orange Comfers. chap. 7.

Take Orange pillings, lay them in faire water a day and a night, then seeth them in white Wine: then take them out of the Wine, and put them in an earthen pot, & put therein Sugar, Cinamon, Cloues, and Spice whole, and seeth them together without any other liquor, and so it is made.

To make fine blanch powder for roasted Quinces. chap. 8.

Take fine Sugar halfe a pound, beaten in a hot morter to fine powder, of white Ginger pared halfe an ounce, of chosen Cinamon a quarter of an ounce, beaten ready to fine powder, mixe them well together, and if you will haue it most excellent, cast two spoonfull of Rose or Damask water in beating of the Sugar.

To preserve Quinces in sirrop condite, alway ready to be serued in whole, in quarters. chap. 9.

After your Quinces are scored and pared, seeth them till they be tender and soft: then lay them out till they be cold, in the meane time

time, take of the same liquor two quarts or more, (according to the number of your Quinces which ye will keepe) & put therein the coares and some other small peeces, sette them in the liquor, to make the sirrop strong: Straine them, and put into the liquor, being two or three quarts, one pint of Rosewater, and for every quart of liquor one pint of Rosewater, and for every quart of liquor, one halfe pound of Sugar, seth them again together on a soft fire of coales, till the Sugar be incorporated with the liquor, then put in your Quinces, let them seth softly till you perceiue that your sirrop is as thicke as lisse Honey, then set them to coole, and take them out, lay them in a tray or platter till they be cold: then take one ounce of bruised Cinnamon, and some whole Clones, put them with some of the Cinnamon into the sirrop, and when it is cold, lay a lard of Quinces in your glasse (called a gesseling glasse) or in an earthen pot well glazed: then strise a little of your Cinnamon vpon your Quinces, then poure some sirrop, lay on another lard of Quinces, and againe of your spice and sirrop, and so forth, till you haue done, and couer them two fingers ouer with sirrop aboue, couer them close: and within three or foure dayes look to them: and when you finde the sirrop shrunken downe, put in more, and so reserue them. These are to be serued in with sirrop. See that the Quinces be tenderly sodden, and the sirrop thicke and strong enough.

Plummes condict in sirrop. chap. 10.

Take halfe a pound of Sugar, half a pint of Rosewater, and a pint of faire raine water, or of some other distilled water, seth the Sugar, and the raine waters vpon a soft fire of coales till the one halfe be consumed: then take it from the fire, & when it leaueh boiling, put therein halfe a pound of ripe Damascins, or other plums, and set it againe on the embers, and keepe it in like heat, till the plums be soft by the space of an houre, if need be: then put in some Clones bruised, and when it is cold, keepe it in a glasse, or in an earthen Gallipot: the stronger the sirrop is with Sugar, the better it will continue. Some put into the sirrop Cinnamon, Saunders, Nutmegs, Clones, and a little Ginger, seth them not hastily, for feare of much breaking.

To make Walnuts of sirrop. chap. 11.

Take your pouts ten daies before Midsummer day, lay them in water, and change them morning & evening, till nine or ten daies be past, then pare off as thyn as ye can the bitter rinde, but the very
ground

The Closet or Treasurie

ground of them, and seethe them in such streep as ye doe Oranges, and when it is sodden, ye must kepe them in a new streep of the same making, or else make a streep to seeth them in of clarified hony, take raine water, for lacke of that, take other water, take thre times as much water as ye do hony, and seethe it long and softly, then as the skim doth rise, take it off, and so let it seethe till it be clean scummed, and assay it vpon your naile, if it tarry there, it is thicke enough, else not: there is all, and seethe your Ruts therein and put them in a streep of Suger.

To make Marmalad of Quinces. chap. 12.

After that your Quinces are sodden, ready to be kept candied, as before in the chapter is written, the with some of your liquor wher in they were sodden (but without any spice) beat them, and draine them as ye would do a Tart: then put some ouer the fire, and seethe them softly, & in seething strech by little and little of powder of Suger, the weight of the Quinces or moze, as your taste shall tell you, stirre it continually, put thereto some pure Rosewater, or Damaske water, let it seethe on height till it be well standing, which thing ye may know, by taking some of it vpon a cold kniffe, and let it coole: if it be thicke, then take it off, and boe it while it is warme, and set it in a warme and dry place: if you will giue your Marmalade, as as a foie is spoken of a Marchpane.

The best making of Marmalade, is when the Quinces haue laine long, and are thorough ripe, and very yellowe, as in Lent season.

And so: as much as Quinces are binding, and therefore not good for some like folks costue, it is necessary to put a good many of ripe Apples of good vertue, as Ketet, Wypin, Lording, Kusletting, Dameriall, Rex Pomorum, or any other Apple that is pleasant raw, among them, being first draine from a Tart, and then sodden among the other matter of Quinces. Thus shall you make your Marmalade somewhat souper, and also increase the quantitie and vertue of the same, especially if it be well dashed with sweet water.

To make Marmalade of Damask or Prunes. chap. 13.

Take Damask which are ripe, boile them on the fire with a little faire water, untill they be soft: then draine them thorow a course boulder, as ye make a Tart, set it on the fire againe, seethe it on height with sufficient Suger as you do your Quinces, dash it with sweet water, &c. and boyle.

If you will make it of Prunes, do likewise put some Apples to

of hidden Secrets.

it as you did to your Quinces. This wise you may make Parma-
lade of Warders, Peares, Apples, and Pedlers, Cernise, Cherries,
or Strawberries, every one by himselfe, or else mix it together as
you thinke good.

To make Succade of peeles of Orenge or
Limmons. chap. 14.

First take off your peeles by quarters, & sethe them in faire wa-
ter, from three quarts to three pints: then take them out, and put to
as much more water, and seeth them likewise, and so do againe, till
the water wherein they are sodden haue not bitternesse at all of the
peels, then are they ready. Now prepare a sirrop as ye do for
Quinces condict in the sirrop, in the 9. chap. before writtten, seethe
them in a glasse or pot.

To make Greene Ginger. chap. 15.

Take the rases of cald Ginger of the fairest, and vse them as
followeth: Lay abroad lane of faire sand vpon a low flooze on the
ground, halfe a foot thicke, then lay your rases of Ginger vpon the
sand in order, couer the Ginger with more sand, soute or fine inches
thicke, sprinkle the sand ouer with faire water twice every day, that
it may be moist, thus daily do till ye shall perceine your rases to be
soft. Then take vp your rases, wash them, and scrape them cleane,
haue a sirrop ready made, as is aboue said, seethe them in it till they
be well seasoned: take them vp, and with some of the sirrop cast them
or put them into a pot of stone.

To make Manus Christi. chap. 16.

Take halfe a pound of fine white Sugar, put thereto foure ounces
of rose water, seeth the vpon a soft fire of coales, till the water be co-
sumed, & the sugar is becom hard: the put therein a quarter of an ounce
of the powder of Pearls, stir them together, put for every sponful a
peece of a leafe of gold cut of purpose, cast them vpon a leafe of white
paper, being first anointed with sweet Butter for cleaning too.

To make Aqua Composita. chap. 17.

Take 4. gallons of the best Ale, drawne fro the yeast 24. houres
after it hath stood tined, & put it into a close vessel, wherein you shal
put these herbs following, and 4. ounces of Licoriz scraped & brui-
sed in a mortar, & so much Quinseed wel garbled, then stir them to-
gether twice a day for the space of three daies, & let them stand 24.
houres after: then put them into the stilling pot, and (if you please)

The Closet or Treasure

you may also put in the lees of Spalmesley or Back, or any other distilled waters, but in that your pot be full, then set on your Limbeck, and close it fast to the pot, and keep a soft fire vnder it. These are the herbs with their quantitties.

Ilop, Time, Rosemary, Sage, Parsly, Bozage, Langbeefe, red Fennell, Sozrell, Harts tong, Bay-leaves, Buglosse, Scabias, Marigold, Costmary, Ribwort, Dentory, Liuerwort, Fumitory, of each a handfull.

Parterum gentle, Basil, Pinks, Champane, Camobind, Battence, Valerian, Cardus, Wormewood, Penitropall, Cammomill, of each halfe a handfull.

To make Aqua virz. chap. 18.

Take foure gallons of strong Ale or wine lees, and put them in a vessel, & couer it well: then put to it three or foure handfull of Rosemary, Penitropall, Liuerwort, Harts tongue, or any other good herbs, and stir them together twice or thrice a day, for the space of foure daies: then put them in a brasse pot, and fill with a temperate fire, for else you burne your pot and lose your Aqua virz, which will stinke and looke red: Also, looke you keepe your water in a temper, and when it is very hot, let it out, and put in cold water againe into the upper part of the Limbeck, and so change your water as it waxeth hot.

Take a spoonfull from vnder the spout, and light it with a paper, and if it burne cleane out it is good, else not.

How to make diuers necessary Oyles of great vertue. chap. 19.

Oleum Hipurici.

Take the tops of Aspers of S. John wort that hath red inyes, three ounces, dried them small, & lay them to keep in sweet Oiline, as much as needeth three daies: then boile them in a double glass, close stop, & presse out the liquor from them, which done foure times with fresh flowers, and a little more wine, if any be wanted, if not, take the wine the fourth time strained, put to it Terebintihij 3. ounces: of good Oile 6. ounces, and of Saffron a scruple, so let them boile till the wine be consumed: which potozed cleare out from the grounds, reserve to be used.

It is hot and dry, and binding, wherefore it healeth the cuts and wounds of the limbes, taketh away the paine of the hye, the back, and bladder, and helpeth the urine.

Oile

of hidden Secrets.

Oil of Rue.

Take blossoms and tops of Rue so many as you list, which small sized, put into some glazen vessel, & poyze out so much sweet Oile as will cover them, and close stopp, let it stand in the Sun, or in some other hot place five daies: then boile it, and being strained from the herbs, take so many fresh herbs, and vse it as aforesaid soure or five times, and reserve it to vse as aforesaid.

It is hot, opening, resoluing, and mitigating paine: it heateth the reins, bladder, and spair, it taketh away the paines of them, and the Collick, if the belly be anointed therewith, or a glister made therewith, it is good for the sinewes, helpeth the Cramp, and putteth away cold humors.

Oil of Dill.

Take the flowers and leaves of Dill, &c. as afoze of Rue. It mitigateth paine, openeth the pores, prouoketh sweat, resolueb vapors, impossuines, swellings, and hardness in any place, and if the backbone be anointed, it easeth the paines and growing of Feavers.

Oil of Elder-flowers in the same manner.

It souleth, cleanseth the skin, helpeth the weaknesse of the liner, and the stopping of the same, and greatly allwageth the paine of the ioynts.

Oil of the leues and flowers of Camemile, as of Rue and Dill.

It is good against the pleurisy, openeth the pores, resolueb vapors, correcteth the euill quality of humors, and is good for the sinewes, and abateth the paine maruellously.

Oil of sweet Mines, as aforesaid.

It comforteth a weak stomach, makes vomit, moues appetite, helpeth concoction, and taketh away loathsomeesse.

Oil of Wormewood.

It is hot, and comforteth the parts that are too much cooled, chiefly the stomach, prouoketh appetite, taketh away obstructions, and killeth worms.

Oil of Roses and of Rose buds.

It is good against inflammation, it easeth the burning and boiling of the stomack, and fraying of the bowels, if it be giuen in glister, and to anoint the roeth, it taketh away the ach.

Of the Oil of Violet flowers.

It is good against all inflammation and heat.

The Closet or Treasure

To make Oile of Earth-wormes.

Take of Earth-wormes halfe a pound, of good Oile two pounds, of sweete virgin wine ounces: beat all together untill the wine be quite consumed, then Straine it and kepe it.

This Oile is good for the Knewes that are cold, and helpeth the paine in the ioynts.

Oleum benedictum.

Take of Oile two pounds, Storax Calamit, Labdanum, Olibanum, Saffron, Gum Arabicke, opobals, gum of the Tree of Aloes Succotrine, Spick, Cloves, Galingale, Cinamon, Nutmegs, Cardubes two ounces, Gum Clamy a pound, Pirche, Boleam halfe an ounce, Galbanum six ounces, Spike an ounce, rosin of the Pine tre, Armoniack, Opoponax two drams: beat all to powder that is to be beaten and mix it with the Oile, and put all into a Stilliory of glasse, with the head and receiver so closed that no aire come out, setting your Limbeck vpon a soft fire twelve houres, increasing your fire from six houres to six, till all be killed. This done, beat all the residue in the bottom of the Still to fine powder, & with the same Oile distill it the second and third time as afoze, and it shall be as it were Balsme.

It is good against Crampes, Palsies, paines of the ioynts, cold Cataris, greene woundes & blisters, it comforteth the spirit, openeth obstructions, one drop in the eare helpeth the hearing: A rose-cake dipped in it and laid to the Temple, helpeth the Pegerin, and taketh away the swimming of the head: an ounce in sweet wine drunk 3. dates together, cureth the disease of the Lungs and the quartaine feaver. If you giue a spoonfull with wine thirty daies with a little powder of Pionis ruts, it helpeth the falling sicknes: so that if the cozonal commisure be also anointed, it easeth the paine of the french Rocks, and is good against the Biting of any venomous beaste, and for all diseases of the Urinades.

To make conserve of Roses, or other flowers. Chap. xxi.

Take buds of red-Roses without the leaves they be ready to speare: cut the red part of the leaves from the buds, and beat and grinde them in a signe-master with a pebble of Marble, and to every ounce of Roses, put three ounces of Sugar in the grinding (after the leaves are wel beaten) and grinde them together till they be perfectly incorporated, the put it in a glass viall stopp'd, so being ready to use.

of hidden Secrets.

pot, stop it close, and so keepe it. Thus ye may make Conserues of all kinde of flowers commonly used for Conserues.

The vertue of Conserue of Roses.

Conserue of Roses comforteth the stomache, the heart and all the bowels, it mollifieth and softneth the belly, and is good against black Choler and Melancholy. Conserue of white Roses doth loose the belly more than the red.

To make conserue of Violets. chap. 21.

Take the flowers of Violets, and pick them from the stalks, beat and grinde them with suger as you did your Roses: to these put double the weight of Suger to the weight of Violets, but to all flowers put thre parts of Suger to one part of the flowers.

The vertue of the same.

Conserue of Violet flowers is good against the heat and inflammation of Choler, called yellow choler, it quencheth thirstinesse, it maketh the belly moist and soluble.

The vertue of conserue of Buglosse. chap. 22.

Conserue of Buglosse flowers comforteth the heart, it is good for the frantick, and for the melancholy: it is good for the Sincop and swooning, it taketh away heart-burning, and trembling of the heart or stomache, it profiteth against choler.

The vertue of conserue of Borage. chap. 23.

Conserue of Borage flowers is of like vertue, it is especially good against black Choler or Melancholy, it also maketh one merry.

The vertue of conserue of Rosemary. chap. 24.

Conserue of the flowers of Rosemary, comforteth the cold and moist braine, it comforte also the sinewes, it is good against melancholy and fleame.

To keepe Cherries, condia, or Gooseberries. chap. 25.

Take your Sierop as for Plums, then take halfe a pound of Cherries, and cut off halfe the length of the stalks of every Cherry, put them into the Sierop, and use them as you did the Plummies, put in what spices please you, and so keepe it as before is written: but make your Sierop strong enough of Suger, lest it waxe hoise and corrupt: then must you make a new Sierop stronger of Suger, & put the Cherries in it to keepe, as before is said: Thus may ye do with Gooseberries to make of them Warts or sauces all the yeare long, saving that Goose-

berries

The Closet or Treasure

berries may be well sodden without breaking; because of their rough skinne, so it be softly and diligently done.

To make a Conserue or Jelly of Quinces, after my Lady

Gray Clements sort, vnstrained. chap. 26.

Take six pints of faire water, put in a faire vessel, put thereto the whittes of six egges, and with your hand all to beat the water and the egges together, till you shall see your liqour rise with great some: then put into your liqour six pounds of suger, to six pints of water, that is halfe measure, if ye make it at opichelme's or at Whilantide: after that, six pounds and a halfe of suger will serue six pints of water. When set your liqour, egges, and suger on the fire, and let them seethe till the scum arise: then take it off and scd it clean and let it on the fire againe, and scum it still, as long as there will any foule thing or scum arise. When put in twelue pound of Quinces with the coares taken out, so let them boile softly, and still scum it if any thing do arise: and when it beginneth to looke red, lay a drop of it vpon a paper, and when ye finde that it will stand vp, on the paper, then it is sodden enough: then take it off, and let it run thorow a fine hake line into your boxes, and with a spone take off the froth above, and this will stay, but it must seethe softly, and no rash fire, but a continuall reasonable fire.

To preserve Quinces all the yeare, as it was vsed for

King Edward. chap. 27.

Take your Quinces and pare them, and seethe them in cleare water till they be tender, then put the water from them: then take suger, and put water to it, to a pound and a halfe of suger put halfe a pint of rose water, so seethe them together till it be thick like a sirrop, and seeth them all till they be bzoine. When take out the Quinces, and let the sirrop seeth againe till it be somewhat thicke, as ye see the sirrop of Gine Ginger. When put in your Quinces againe, and let them seethe thre or foure Paces North whiles, then take them from the fire, and put them in a Rowe hot, or a little vessel of wood, and thus keepe them all the yeare. If you list to put Cinamon, you must put to euery six pound of suger one ounce of Cinamon; and if you haue no store of Rose water, ye may make the same sirrop of running water, but it will not be so pleasant as vnderforesaid, but it will last long.

To make Quinces in sirrop. chap. 28.

Take

Take *Quinces*, and take out the coores of them, and pare them, and euen as they be pared, call them in faire water: when they are all pared, take a pot of faire water, and put your *Quinces* in it, let them seethe till they be so tender that ye may put a straw or rush thro to them: then take to your *Quinces* siue or six pounds of sugar, and take some cleane water, as much as ye thinke will couer your *Quinces*, and put into this water your sugar, and four or five whites of Egges all to beaten, so that there may rise vpon them a froth. Then put them so dressed into your water with sugar, and let that stand vpon the fire, till it hath sodden a hallopp or threine. Then take a peece of a woollen blanket, and poure this water thro the said sugar and all: then put this water into a faire pot, and the *Quinces* together, and let them Tasty till your *Quinces* be very tender, and euer as they rise they may add by any thing, least it off cleane. When take out your *Quinces*, and let your *Sirrop* boile till a sponge will stand in it, and when your *Sirrop* is cold, put in your *Quinces* and keep it close, and within thre daies loke vpon it againe, and if the *Sirrop* waxe thicke, take more water and sugar, and dresse it as afore written, and when you haue put it thro a cleane cloth, then take the *quinces* and the new *Sirrop*, and put all together, and let them seethe a while: then take out your *Quinces* and let the rest seethe till it come to a *Sirrop*, and when your *Sirrop* is cold put your *Quinces* in, and keepe them all the yeare, but before that your *Sirrop* be thicke enough, or else it will marre all: you may not put in your *Quinces* at the second seething, till your *Sirrop* be somewhat thicke, for they should put in to seethe, but to soake out the watrinelle of the first *Sirrop*, and therefore they may seethe but a little while of the second seething.

To make conserve of *Damsons*, chap. 20.

Take *Damsons* and wash them in faire water, and blye them with a cloth, and put them in an earthen pot, and fill your pot with them, and couer your pot with a peece of paffe, and put your pot in an empty Oven, which was filled with bread, & then put in your pot after the bread is out, & keep it very close, & let it stand foure houres. Then take it out, and put your *Damsons* in a peece of thicke Canvas, and let the liquor that runneth from the *damons* into a faire pan, & in any wise breake not the *Damsons* that be in the cloth to haue

Conferue of Elder is good against the Spasme, it cleaues the stomacke and the whole body from Colic.

Gather the chifferes of bunches tohered in the flowers grow, when they are new blowen asped, lay them upon a faire sheet abroad in a chamber a day or two, till ye shall perceiue the flower will shake off and fall away: then pick them cleane, and make thereof conferue as you do of other flowers.

And whereas it is more wholesome than pleasant, therefore put some other conferue (such as ye list) amongst it when ye will vse it.

The vertue of Conferue of Sorrell. chap. 35.

Conferue of Sorrell is good against all kindes of heats of the stomacke, and other principall parts of the body, and against yellow Choller.

Take leaues of Sorrell, wash them cleane, and shake off the water cleane, or else tarry till the water be vied cleane: beat them and grinde them with Sugar, as above, and then keepe them.

The vertue of conferue of Maidenhaire. chap. 36.

Conferue of the leaues of Maidenhaire, is good against the sickness of the side, called the Pleurisie, and for all the diseases of the breast, and of the lights, and in all maladies of Melancholy and against red choller.

Make it as ye doe conferue of Sorrell.

To make conferue of Elicampana roots. chap. 37.

Take the roots of Elicampana, wash them cleane, slice them in to peeces as big as your thimble, seth them in faire water till they be tender; take them vp and walke them, and vnder them thre or foure a haire fine: put thereto in the season, setting the bundle of treble weight of Sugar, and when the Sugar is perfectly incorporated, take it off, and keepe it.

The vertue of the same.

Conferue of Elicampana is a good comfort to the stomacke, and nourishing of the members: it wonderfully looseth tough humours, dissoluetly and consumeth the same, by the force it diuulseth it.

To make conferue of Acorus or Gladden, with the vertue of the same.

Take the roots of Acorus, wash them cleane, slice them in to peeces as big as your thimble, seth them in faire water till they be tender; take them vp and walke them, and vnder them thre or foure a haire fine: put thereto in the season, setting the bundle of treble weight of Sugar, and when the Sugar is perfectly incorporated, take it off, and keepe it.

The Closet or Treasure

them, seeth them, and order them as ye do of Citrompane; now last before rehearsed, and so keeps it. This conserue is good against all sicknesses of the bladder, with fluxes, & against all diseases of the same. Unto women it openeth naturall course and teares.

And you must generally learne, that in making conserues, fruits and roots are made with fire and seething: Wherefore, the more Sugar and honey is put into them, so it be not past three pound to one, the conserue shall continue the better.

To make conserue of Strawberries, with the vertue of
the same. chap. 39.

Take Strawberries one quart, cleane picked and washed, set them on the fire till they be soft, straine them, put thereto two times as much Sugar in powder as the weight of the Strawberries, put it in a glasse, or earthen pot well glazed.

The vertue of the same.

This conserue of Strawberries is good against a hot liver, burning of the stomacke, and specially in the feruent heat of an ague.

To make conserue of Cherries and Bar-
berries. chap. 40.

In like sort you must make conserue of Cherries, & also of Barberries, sauing that these require more Sugar than the other doe, which are not so saue as they be.

There is to be noted, that of conserues of fruits may be made Par-malade; for when your conserue is sufficiently cooked, and ready to be taken off, then let it more on bright and it will be Parmalade. Wherefore, some make their conserue, Parmalade and Acrops with cleane Sugar, some with cleane hony clarified, some with Sugar and hony together: and after the opinion of some great Clarke, hony is more wholesome, though it be not so tothsome as Sugar.

To make all kind of Acrops. chap. 41.

Take Bugloss, Borage, white Endive, of each one handfull, of Rosemary, Lime, Hyssop, Winter Sannoy, of each halfe a handfull: seethe them, being first broken betwix your hands; in three quarts of water, unto three pint, then straine it, and put in the liquor whole Cloves an ounce, and a pound of white muske, a pound of white Sugar, a quarter of an ounce, and put in powder of Sugar.

Suger halfe a pound and moze: let them sath vpon a soft fire, well stirred so; burning so, vntill it come to the thickenesse of life Honey, then kepe it in Gallie pots. If you put one pint of Palmesey in the second sathing, it will be better. When it is perfect, haue six graines of fine Muske in powder: stirre it among your stirrop as ye put it into your Gallie-pot, and couer it.

This stirrop will last many yeares, and is excellent against to-ning and faintnes of heart: it comfozteth the bzaines and sinewes, if it be vsed as much as a Hazel nut at once, at your pleasure.

A Violet powder for woollen Clothes and Furres.

chap. 42.

Take of Treos two ounces, of Calamus Aromaticus thre quarters of an ounce, of Cypres, of Calingals, of Spikenard, of roseleaves dyed, of each a quarter of an ounce, of Clones, of Spike, of Launder flowers, of each halfe an ounce, of Sigella Romana a quarter of an ounce, of Benjamin, of Storax Calamit, of each halfe an ounce, let them be all finely beaten & seared. Then take two or thre graines of Muske, dissolve it in Rose-water, and sprinkle the water vpon the powder, & turne it vp and downe in the sprinkling, till it haue drunk vp the water: when it is dry, kepe it in bags of silke.

A sweet powder for Napery, and all linnen clothes.

chap. 43.

Take of sweet Mariorum (that which is hoary is the sweeter) when it hath in him seeds ripe, cut the branches, so that the root may spring againe: when the Mariorum is dried, then rub out the seeds, and kepe them to sow about Easter, and the hulkes and leaues that grow about the seeds take so; your purpose, rub the small, (so; if ye beate them to powder in a mortar, they will lose the most part of their saueur) then take of white Saunders, or gray Saunders, but looke that they be in to of right sweet odour, (so; if they be old and haue no pleasant and quick odour, they are nothing woorthy. Take (I say) of these sweet Saunders beaten into fine powder, an ounce, and put it into an ounce of your sweet Mariorum, rubbed betwix your hands, as before is said, and if you put one or two graines of Muske there, into the powder, it will be the better: so; these be in a silk bag together, & use it among powder when 1 of such bags haue a dozent

The Closet or Treasurie

of two, which there will continue many yeares, and when you looke to your linnen, then chafe each of the bagges betwene your hands that they may yeld out their sweet odor. Whereouer, in the summer time gather red roses in faire weather, so soone as they be blowne and opened, lay them vpon a table, a bed, or faire flooze of boords, and now and then remoue them, lest they mould and wax fustie. When they are dry, picke off the leaues, that you may haue two pecks of them, then strew them among and betwene the boughen, and foldings of your linnen, with one handfull of dry spicke flowers to six handfull of dry roses, and lay your sweet bags amongst them. Be sure that your linnen be euer thow dry ere euer yelap the dy, or else the roses will wax hoze: set your coffer in a dry ayre, and in the winter time or wet weather, when you perceiue your roses to wax moist, then put them in a pillow-beare or twoaine, that they fall not out, and lay them vpon your hed betwene the couerlet and the blanket all night, or else befoze the fire, let them dry and strew them againe. Whereouer, ye must alwayes haue a bag full of dry roses in hoze, kept in a dry aire: for if he lose his rednesse, then loseth the rose his sweetnesse. Finally, you must euery yeare put away your old roses, and occupy new, but kepe your sweet bags still many yeares.

To make a Pome-amber. chap. 44.

Take Benjamin one ounce, of Sotay calamits halfe an ounce, of Labdanū the eighth part of an ounce, beat them to powder, & the put them into a bzazen lade with a little Damask or rose-water, set them ouer the fire of coales till they be dissolved and be soft like wax, then take them out and chafe them betwene your hands as ye haue wax, then haue these powders ready finely searched, of Cinamon, of clones, of sweet Beanders, gray or white, of each of these three powders halfe a quarter of an ounce, mix these powders with the other, and chafe them well together, if they be too dry, moisten them with some of the rosewater left in the lade, or other: If they wax cold, warm them vpon a hirtens point ouer a chafinche of coales: then take of Amber-grate, of Spick and Cinet, of each three graines, dissolve the Amber-grates in a little Sympne ouer hot coales, when it is cold make it small, put to it your Spick and Cinet: then take your Pome that you haue chafed and gathered together, and by little and little (with some little water if need be) mix it by the Amber, Spick and Cinet, and mix them with your oile, till they be perfectly

tealy incorporated, then make one ball as this of the lumps, as you shall thinke good, for the weight of the whole is about two ounces, make a hole in your ball, and so hang it by a lace.

If you perceiue that the ball is not tough enough, but too brittle, then take a curtelle of Storax liquida, and there with temper your ball against the fire, but take not too much Storax liquida, because it is too strong. And the better way is to haue some Gum, called Dragaganthum ready dissolved in sweet water, it will be dissolved in two daies, and with that gather your ball with the heat of the fire: this ball will be of like goodnesse with this without, and of great price.

Some men put in the making hereof three or foure drops of Oyle of Saffie, because of two much because it is very strong.

When you will haue your ball exceed in sweetness, breake it and haue two or three graines of Spiske, or Cinet, or Amber græce, as you delight in, or altogether dissolve them in Rose or Damaske water, and with the same chase your Ball over the fire, till it bee drunken in, then pearce a new hole as before.

To make a fine Fumigation to cast on the

Coales. chap. 45.

Take of Beniamin one ounce, of Storax Calamit halfe an ounce, dissolve them as for a Pomander: then haue ready these woods, powders, or one of them, Ginger or Cypres, or of white Sauerberg, and Cloies, of either halfe a quarter of an ounce, all in fine powder mix them all together, and with some Storax liquida, gather them together, with the heat of fire: then make them round, of the bignesse of a blacke floe, & with your seile print it a cake, while it is warme and soft.

Of these cast one or two upon a chafing dish of coales, to purge all pestiferous and corrupt ayre out of your house: if you put to the other things the powder of Amber beads, it will be the sweeter. Some put also Libanum, as before said, in making the Pomander, herein so as the saueur shall please you.

To make the same in Osters. chap. 46.

Take a little of fine powder of Shallow, of willow coales, mix with it some of your fumigation last before named, in the making, worke them well together, then fashion it with three or foure feet, like a Cloie, and when it is dry, kindle the end of it at a quicke candle, and it will yeild a sweet saueur: put not too much coales

The Closet or Treasure

for then it will sauer of them; put not too little coales, for then it will not keep fire; put not too much *Scorax liquida*, for then it will be too bzittle and too moist, and will not lightly dry: therefore it shal be very well to haue some Gum of the Cherry-tree, or Plum-tree, which they call Gum Arabicke: dissolve some of it into sweet water, till it be liquide and tough: with this gather your Defekts, or other Fumigations.

A moistfume vpon a fuming dish. chap. 27.

Take a peece of *Pomeamber*, as big as a Hazell nut, bzittle it, put it into your fawning dish, with sweet water: put therewinto a few Bay leaues, as much of dyed Basell leaues, a little Rosemary, and set it ouer the fire vpon a cupboard, or else in stead of the *Pomeamber*, put two or thre of the Cakes befoze written, broken small, and nine or ten whole Clones: and if you will haue it excellent sweet, then put one or two graines of Muske, and let the leaues and them stand ouer the fire together, as befoze is said.

A Fumigation for presse and clothes, that no Moath shall breed therein. chap. 48.

Take of the wood of Cypres, or Juniper, of Rosemary dyed, of Stoyar Calamite, of Benjamin, of Clones, a like weight, beaten into fine powder, then take of the powder of *Wozmwood* leaues dyed as much as all the others, mix them well together, cast thereof vpon a chinking dish of coales, and set in your presse, and shut it close: and thus do oftentimes, till you haue well seasoned your presse or cloze.

Aperume for a Chamber. chap. 49.

Take Rosemary, sweet Marjorum, Bayleaves, of each a handfull, a pennitwoorth of Clones, Vineger and Rosewater, a sufficient quantity, boyle these in your perfuming pot, which smell is sweet and wholesome.

A perfume of Damaske. chap. 50.

Take Stoyar Calamite six ounces, Benjamin, Labdanum foure ounces, Cinamon one ounce, Muske foure graines, clones a dzamme, Rosewater halfe a pound, Stamp them together, and when you will occupy them, put them into your perfuming pan, and boyle them.

An odoriferous sweet ball against the plague. chap. 51.

Take Stoyar, Labdanum, of each a dzam, Clones halfe a dzam, Camphire halfe a scruple, Spicknard a scruple, Nutmegs a dzam,

of al these make a pisse with cleafe water, tempered with Gum D²ⁿ pagani and Gum Arabic, stirring and beating them well; of this pisse make your bath, and warme them.

An odoriferous white powder. Chap. 52.

Take Iris cleaf thre ounces, White Sanders two ounces, Damaske Roses, Lignum Aloe, Benjamin, Cypri Alexand. of each two ounces, Puske four graines, Cinet thre graines; beat and sift them by themselves, and incorporate them in the same mortar you beat them in, and keepe it in a vessel well stopped.

A fine redde powder. Chap. 53.

Take Damaske Roses two ounces, Wandall Citrini one ounce, Ligni Aloe, Ligni Alex. of each a graine, fine Puske thre grains, Cinet two grains: mixe them and beat them, and keepe them together as before.

A sweet blacke powder. Chap. 54.

Take Cypri Alexand. Ligni Aloe, of each halfe a dyam, Wandall Citrini, Damaske Roses, of each one ounce, Clones thre graines, Puske three graines, and as much Cinet; beat these together, and keepe them close in a vessel well stop.

A powder wherewith to make sweet water. Chap. 55.

Take the seed of Cypresse, or the root of Callagula one quarterne, of Calamus Aromaticus one quarterne, of D²ⁿ 52 Iris one quarterne, of Clones one quarterne, of Benjamin one quarterne; as ye may take of each of these 1. ounce for a portion, let it be beaten into powder, and when ye will distill your roses, fill your still with rose leaves, and a few hyacinth flowers, and upon the top of same, throw some of your powders, and so distill them.

Some put a little of the powder of Nigella Romana; to the other powders.

These Colours will be very flower, put the water in a large glasse, and to the pot put threine graines of Puske, letting it be the distill of the water, in a then thicken cleafly with a thre, yet let it in the thicke twenty or thirty daies, then take the glasse in, & let it in a dry sye.

Conclusion and rules to be vsed in distilling, and the ordering

of each herbe or flower before they be distilled. chap. 56.

First, a soft fire under the water, and the thickest to continue strong.

3D

Secondly,

The Closer, or Treasure,

Secondly, coole still the hott water.

Thirdly, wash nothing that you will still, but wipe it with a cleane cloth. Fourthly, all hearbs, flowers and seeds, must be gathered when the dew is off them.

5. That which you will still, must lie at least six houres before you still it.

6. All spices corrupt your water, except Amber-Greece, Cloves, and Spikenard.

7. Secume your water well.

8. Keepe your still very cleane.

9. Wash your still, but not often, and then dye it with a cloth.

10. A be glasse still is best, the Claine next, the earth not so good as the Claine, and the Lead is worst of all.

11. Tender flowers, as Violets, Gilliflowers, and such like, would be distilled in a Glasse.

12. All compositions must be stoppen close before, and in stilling diligently weighed and measured.

13. Liquid waters must have greater fire, the drye slight waters.

14. Still not your glasse too full.

15. Put soze of ashes under your still, that your still burne not

16. Fill the upper part of the still often, but specially the ridge

17. Diligence in looking to all things.

18. Beards must be distilled: the beard with the root chopped together.

19. Beards, the leaves stripped from the stalks, when it beares blew flowers.

20. Camomile, the beards and flowers chaunt together in the middle of May.

21. Still, the beards in the beginning of May.

22. Junitory, the whole substance chopped in the end of May.

23. Mint, either red or white, the beards, stalks, and leaves chopped, in the middle of May.

24. Mares, the flowers, cutting away the whole ends.

25. Rosemary, the flowers, huds, and leaves, stripped from the stalks in May, in the declining.

26. Mentory, the beards and flowers chopped in the end of June.

27. Violets, the flowers in April.

28. Wallflower, the flowers in the beginning of June.

To make water of the same colour of the flowers
that you distill. chap. 57.

First, distill your water in a stillatorie, then put it in a faire glass,
and take the buds of Roses, and cut away the white, and put the
leaves into the filled water, then stop the glasse, and put it into the
stillatorie to still, putting hearbs into the still for feare of burning:
After this, straine the water from the leaves, and scum it well.

A compound water to perfume Gloues, or
other things. chap. 58.

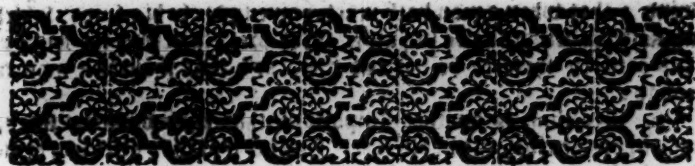
Take Damaske water double stilled, a pound, Muske tenn
graines, Civet thre graines, Amber-Grace foure graines, beat
all these together to powder, and put it into the water aforesaid, and
stop it close, and use it without any more stiling.

To make Damaske water. chap. 59.

Take Damaske Roses, and Red Roses, of each a handfull, let
them dyle foure houres in the shadow: then take two diams of Lab-
danum, Nigella Romanæ, two penny-worth, Iris halfe an ounce,
Storax two diams, Cloues an ounce, Benjamin, Calamus Aro-
maticus, Putmegs, of each halfe an ounce, Sparozum, Bayell, of
each halfe a handfull: bruse the spire, and put it in a Palmasey, as the
last thereof the space of foure dayes: then distill it and scum it four-
teene dayes.

Another manner of making Damaske water.
chap. 60.

Take of Arace, as Iris, of hysske flowers dried, of Cloues, of
each an ounce, make them in powder, put them together, with a
pint of new Ale in Coznes, and one pint of Rose-water in an ear-
then pot, put thereto a great many of greene Rose-leaves, let them
soake in a night-time stopped close: in the morning when you shall
distill, first lay other Rose-leaves in the bottoms of your stillatorie
for feare of cleaneing too, then take off the Rose-leaves out of the pot,
and put them with other greene Rose-leaves, in your stillatorie suffi-
cient, and to the water put Muske, as is above said: This water is
excellent to set forth a Tart, as Apple-Poyse, as Almond-butter.



The knowledge of the names and naturall disposition of diuers diseases, that most commonly happen to molest and grieue the bodies of men and women.

Chap. 59.

E Lepanthum, is an euill which is easie to be knowne.

2. Goutt Cain, is *Morbus caducus*, that is to say, the falling sicknesse.

3. Epilepsia is the same euill, or very little difference.

4. Lycargum, is a perillous euill, for he that is therein, is alway sleeping: for it hath bene scene, that a man in that euill hath slept himselfe to death.

5. Squinancia, is an euill, that is in the throtebottle, and when it taketh all the nerue, it is a signe of death, except medicine helpe.

6. Sciatica passio, it is a passion that sitteth in the Sciaticke-bone of the hip, and holdeth his course betwene that bone and the Kidg-bone, and then falleth, but his abiding is most in the Sciaticke-bone.

7. Colica passio, is a passion that is in a mans Arse-gut, but it spreadeth into all the guttes, and into the bladder, but his most paine is principally in the Arse-gut, and that stoppeth both wind and water.

8. Poffema, is in diuers manners both within the skin and without the skin, and within the body, for all manner of things that swell beare out the flesh, & therefore all manner of Boples, Boches, Feltons, & other such like, may be called Poffema, as well as those that be vpon the stomach, or on the lungen: There be some that beare proper names, as Peripneumonia, the which is an impostume that is vpon the lungen, that engendreth a passion, that is called in Latine Aspirationo,

The Closter, of Tresurie,

ratio, as Respiratio : and it is called in English, hard drawing of wind : that is to say, a man hath much paine to draw his wind, which maketh the Lungs to be in paine, for it presseth downe the Lungs, and causeth them to be hot and drye, and that maketh a man to cough :

9. Pleuridim, is another Impostume that lieth vpon the sides, and vpon the ribs, and maketh soze. And he that is so diseased, commonly he is coughing : and the humors is red, and they be much swelling, and may not well lie on that side.

10. Also there is an Impostume, that is called in Latine, Anurix, and Antraxis: and it is called in English a Fellon, and they be hotter of matter then the other that goeth out of Byles and Fellons when it is rotted.

11. Tuna is a white watry skall, and Acoris is a dry skall.

12. Caries is in a manner of an Impostume, that is like a Wart, that bringeth forth a long haire, as two, or thre.

13. Caries is the rotted head of a tree.

14. Caries is a Wart. And Circis is called an Impostume, as it is said here before.

15. There is an euill that is called Riceris, and there be two of them: that is to say, the blacke and the yellowe: and especially the blacke, which cometh of the chaling of the Liver.

16. Also there is an euill, which belongeth to Women, that is called Penderous, the which is a flux of blood : And there is another that belongeth to women, that is called the paine of the Matrice, which containeth from the Matrice to the young member. But the Matrice of it selfe is like a thorn cornerd purse, as it may be made in figure. And that hangeth by certaine stringes by the ribs, and by the intailes, and so it stretcheth downe to the young member, which is called the mouth of the Matrice. You shall vnderstand that the Matrice hath in it self nine foles, which falleth like plates of cloath, and in those plates falleth the seed of man, and therein is it nourished: and therein is the child conceived, by reason whereof it might be thought, that a man might get on a woman thre children at once, and of such complexion that the woman might conceive in one month a child, and it is so: tuned the seed of man to fall enen in the plates,

pleases, as it may fall: And if it falleth on the one side it getteth a man child, & if it falleth on the other side it getteth a woman child, and if it fall even in the middle, it is like to be both the male and the female. And therefore, it is all in God, that a man might know the great might and goodnesse of his secrets.

17. Also there is a malady that cometh of the childes birth, and that is when the child commeth forth, there cometh therewith a skinne, the which is engendred of the seed of man: And it lieth in the Matrice, and it is divided in three parts, whereof one cometh to cleane blood, and after ward ingendeth to a piece of cleane flesh: And then that flesh putteth from him a white thicke matter, & that matter engendeth a skin, which skin taketh and windeth in the cleane matter also: and encrease as the child fozeneth and waxeth, even so the skin waxeth with it. And the same skin is called the Secundine: and it keepeth the child from many perills that should fall thereto, if that were not: for it closeth in the child, like as the shell encloseth in an egge: for first the shell of an egge, was a skin in the beginning of the egge: Wherefore, in this case the skinne is called the Secundine, for it beareth by the Child: and when this Secundine is any thing peaced or hurt, then is the child borne before his time. This Treatise is taken out of a Chapter called Gilbertus, which saith, that there be three principall things that hindreth the birth of a Child. Whereof one is, when the woman with child is very sore wrought and angry. The second is, when she is smitten with a staffe. The third, is over much fasting. The fourth, is a great care of her wombe. And the fifth, is a fall upon the wombe: For all these things hurt the Secundine, and maketh the child to be borne too soone, which destroyeth both the woman and the child: for then the woman is not kindly purged of the Matrice, and then is the Secundine evil for to heale: and if it be not well taken away of the Midwife. And except shee doe her endeavour well, then it will rotte, and make a woman great as though shee were with child.

And then there is another disease, that is, if it fortune that the child be dead in the wombe, that hath a proper name in Latine, and is called Perisperm: what kind soever it be, & if it be dead it may be taken so, and in English it is called a dead child: wherefore all manner

The Closet, or Treasure,

I charge in this name to take heed whosoever ye be that reads this Treatise, that ye mispheme not, nor despise this, being the treasure of God, whereby ye may plainly understand how you were brought in to this world.

13. Also there is another malady, that is named in Latine Canisus appetitus, as Morbo Canino, that is, when an unkindly heat is in the stomach & in the body. And so the moisture that should be in the stomach, smothered away, and the heat bringeth by the moisture, and he that hath that malady is very collicke.

14. Also there is another malady that is called in Latine Eica passio, that is, an euill that maketh a man to toy and haue away: And in English it is called the Daintie: but hath the proper name thereof is Etick, and the man that hath that sickness shall continue away, but yet he shall be rich eating, and it is the very tokens of mortal death.

15. Also there is another disease properly called in Latine Fluxus ventris, which may be understood in English, all manner of most troubled people, whereunto is called the bloody flux.

16. Also there is another flux, called in Latine, Lienteria, this is a flux of the bowels, and this cometh when the stomach is all slippery, so the matter goeth away undigested.

17. Also there is another that is said in Latine, Dysenteria, and that is when the guts make squemes in the manner of flowing of guts, and no other, as when shall here after.

18. Also there is another disease that is called in Latine, Thersimon, and that is even contrary to that before, for Thersimon is, when a man is very collicke and hard troubled.

19. Also there is another sickness that is called in Latine Emoroides, and that is of great abundance of blood, and there will arise small tents, and is more tents, that will be within the fundament by in the gut, and without body.

20. Also there is another that is called in Latine Exuria, and that is the going out of the fundament, for the gut of the fundament will goe out, and that is a fore euill.

21. Also there is the complaint of a man that hath much blood, with, and thereof great abundance, some like gobs of blood, right in his hands, like as Emoroides will doe, and that is called in Latine, Polipus.

of hidden Secrets.

27. Also there is another disease or malady, that is called in Latine *Malum mortuum*, & the soze that commeth thereof is called in English a *Sporrall*: but know ye well, that his beginning is of a *Melancholy* in the body of man: and it is taken for one of the spices of the *Scab*: and properly it commeth of a naturall *Melancholy*, when it is putrified and corrupt of naturall melancholy, and in some men it is mingled with sawse steame, and be both gendered together of too long using of wholesome meates: And sometime it commeth of the stopping of the *Spleene*. For when the *Spleene* may not receive the *Melancholy*, then by his humors he is heavy of waight, & presseth it downward to the legges, and then beginneth the pusshes to breake out; & they be called *Malum mortuum*. Another cause why it is called *Malum mortuum*, for it maketh the members as it were dead, or else that it were flesh: And it is called so because it is not so quicke in working as other sozes be, neither in engendering of new flesh, nor mattereth not as other sozes do, but alwaies is hot & dry: and moreover, it will not away till a man die, except he be the more warie, and it sooner taken heed to: For the *Melancholy* is the only cause thereof: And his colour is to be swarthy, and as it were a party blew, and hard: and commonly it is full of stones and hard dead flesh, and there will goe out thereof in a manner of a red water like as if there had bene raw flesh washed therein: and it will close in many places, and when it is closed in one place, it will break out in another: And when it is surely of the *Melancholy*, the pusshes will be blacke and blew, and the place will itch soze, and bee full of dead flesh, and with sawse steame it will itch: also it will be full of sozes and boyles arising thereupon. Also take heed of his digestion, for it will be of great colour, and much quantity of urine and thicke. And know well that he that suffereth it, an euill commonly hannteth him, that is called in Latine *Dedamine*, and al they which are infected with that maladie, there will appeare haire thereupon, as both upon a Leaper, but upon his maladie the haire shall be blacke, and upon a Leaper the haire shall be white and red: And a naturall knowledge and a true description are all these afoze rehearsed.

The Closet or Treasure

Diuers necessary obseruations both Physicall and
Astronomicall. chap. 62.

Spooneer, it is to be understood, that every moneth in the yeare, the **Spoone** hath her course in one of the twelue signes; and in every signe the **Spoone** is two dayes and a halfe almost. And ye shall know also, that the twelue signes haue government of every man and beast in the twelue parts of the body. And whyles the **Spoone** is in every signe, & if the body be let blood, or else wounded, or burnt, all the medicines that are cannot serue in that signe that hath the government in the place of the body, and it is maruell but that the body be some dead, or else disfraught for ever.

Aries hath the government of the head and face.

Taurus the necke, the throat, and the throat of the throat.

Gemini the shoulders, armes, and hands.

Cancer the breast, the stomacke, the ribs, the lungs, and the milt, in the upper part of the breast.

Leo the heart, the stomacke, and the ridge in the nether part of the breast.

Virgo the wombe, with the intrasies, and the paunch.

Libra the reynes, the loynes, and the web of the skinn, that couereth them, with the haunches, and buttocks.

Scorpio the ying members, and the fundament.

Sagittarius the thighs.

Capricornus the knees and haumes.

Aquarius the legges from the knees to the ankles.

Pisces the wrists and the feet.

Also it is to be understood, that a **Laratine** must be taken when the **Spoone** is in **Cancer**, or in **Scorpio**, or in **Pisces**, and when the wind is in the South; then is it best time to take a **Laratine**.

Also if ye should affix the **Spedicus**, make it in the signe retentive, as **Taurus**, **Virgo**, and **Capricornus**; and when the wind is in the North.

Also when he shall be let blood, loke that the **Spoone** be in a signe attractive, as **Aries**, **Leo**, or **Sagittarius**. And loke that it be not in the new **Spoone**, neither in the old **Spoone** too nigh the change. For in the new **Spoone** the blood is waxing, and in the old **Spoone** the blood is waining, and therefore take a full **Spoone**.

Also

of hidden Secrets.

To make Loofings. chap. 80.

Take halfe a pound of Sugar, and as much Rose-water, or other distilled water, as for Manus Christi, seethe them likewise, & when you will know when it is sad enough, take out some upon a knives point, and let it coole, and if it be hard like Sugar, then it is sad enough. Then put into it powder of Ginger, Minnamon, or Nutmeg: Stirre them well together, lay it upon a paper oyled, dyne it as thinne as ye thinke meet, lay on your gold leafe with a Comies talle, cut your Loofings Diamond-fashion, and so keepe them.

To perfume Gloues. chap. 81.

Take the Gloues and wash them in the Rose-water, or Damaske water, till the scurfes of the Leather bee gone, and then stretch them forth softly, and keepe the water you wash them with still, then hang them up to drye, and then lay them in a linnen cloath, that is folded thre or foure times double, and when they be drye, let them lie in Rose-houes dyed a day or two, then take oile of Cinet, Almonds, and Pisthe, and grinde them together vpon a Sparlestone, stretch them forth softly, and with your hand annoint your gloues thre or foure times, and euer among stretch them forth as they drye. Then take Sandifer mixed with a little Amber-Greece, and strow the powder of it thinly vpon them, and lay them in a paper, and in a hore or else melt the Amber-Greece in a quantity of Rose-water, and mixe them drye, and lay them in faire white paper.

2. To perfume Gloues another way.

Take the Gloues, and wash them as aforesaid, thre or foure times: and drying them euery time softly: then take Gum Dragagant, and steepe it in fine Damaske water one night: Then straine the water through a fine linnen cloath, and take Gum and mixe it with an ounce of Amber-Greece, with Oile of Turpentine: Then mingle all together, and coule your Gloues with the saide: lay them to drye, and lay a paper betwene.

3. A preparatiue for Gloues.

Wash the Gloues, as aforesaid, till the scent of the Leather bee gone: then take of Benjamin two ounces, of Storax Calamite

The Closer for Treasurie

mitte one ounce, let them be very fine : then take Oyle of Ciulll Almonds, and mingle it with Benjamin: so toaz upon a Marble Stone. When it is well ground, put it into an earthen pot with aile of Cinet Almonds, then put in Cloues in powder, and so let it stand close covered: when you need take a little Rose-water in a sponge, and rub the Cloues softly, and then in like manner, with the Oyle called Cinet, for the same purpose.

4. Another way.

Take twelve graines of Musk, six graines of Amber Græce, three graines of Storax Calamite, six graines of Benjamin, and a few Cloues: grinde all these together with oyle of Cinet Almonds. First, wash your cloaths with Fusses dissolved a day in Damaske water.

5. Another for Cloues.

Take your Cloues and wash them in Rose-water once or thrise, till all the scurfie bee gone from them, and then let them drie, and stretch them well out, fingers and all. Then plaine them, and wash them once or thrise : then take two ounces of Storax, and as much Benjamin made in powder: besse your cloues all over, on a smooth board before they be drie: then hang them to drie, and when they be drie, saue the powder that is left.

Then take a pint of Rose-water, and two ounces of Storax, and two ounces of Cinamon, put all these in powder, and cast them to the Rose-water, and let them seeth in a close Posnet covered. Then take a fine brush and brush them over.

6. Another way to perfume.

Take Amber Græce a dramme, of Muske halfe a dramme, of Fusses a dramme, of Cinet halfe an ounce, put all these together in a pint of Rose-water, or Damaske water.

7. Another way.

Take a dram of Amber Græce, a dramme of Benjamin, halfe a dramme of Fusses, a dramme of Storax, a quarter of an ounce of Almonds, put these in Rose-water.

of hidden Secrets.

A perfume for Chests and Cupboards, and also
for Gloues. chap. 82.

Take Benjamin and Storax of each an ounce, Labdanum and
Jusies, of each a quarter of an ounce, halfe a dram of Cinet: if you
burne it for Chests, or Cupboards, beat it in a hot mortar: if it
be for Gloues, bolle it, and put it to Rosewater.

To colour Gloues. chap. 83.

You must haue hulles of graine Walnutes, that must lie in wa-
ter all the yeare long, roste them well with these hulles, and make
them as deepe a colour as ye may.

How to colour Gloues yellow within.

To colour Gloues yellow within, take the yolks of twentie Eggs
and put them in a frying pan with a soft fire, stir them euer, & brulle
them with a Ladle, and the oile that ascendeth of them, being an-
ointed on the inside of the gloues, will make them looke yellow.

To make Muske Sope. chap. 84.

Take strong lye made of Chalk, and six pound of stone chalker,
foure pound of Ware suet, and put them in the lye in an earthen pot
and mingle it well, and keepe it the space of forty daies, and mingle
and stirre it thre or foure times a day, till halfe be consumed, and so
that that remaineth seven or eight daies after, you must put a
quarter of an ounce of muske, and when you haue done so, you must
also stirre it, and it will smell of muske.

To make red sealing Wax. chap. 85.

Take to one pound of Wax thre ounces of cleane Turpentine
in Summer, in Winter take foure, melt them together with a soft
fire, then take it from the fire and let it cole, then put in Mercurius
bery finely ground, and Sullet oile, of each an ounce, and mix them
well together, and it is perfect good.

To keepe Damasins in sirrop. chap. 86.

Take Damasins, and pick them well with a knife or pinne, then
take clarified Suger, as much as you thinke will serue, and then you
must bolle it till it bee as thicke as birdlime. Then bolle your
Dama.

The Gist, or Treasurie,

Damaskins in the clarified Suger till they be soft : then take them
up, and put them in a glass : then you may beate the Suger, till it
be as thicke as the other was ; then you put in the Damaskins, and
close them close.

A water for the face, vsed of Gentlewomen
chap. 37.

Take Cowes milke two pound, and Sugar halfe a pecke, the
whites of three Egges, and mixe it from pane to little lounes, and
bake it, but not too much : then take more of the said Cowes milke,
and crumme of the crummes of your bread, and let it steep all
night, & wipe your face with a dyel cloath, and then wash your face
with the said milke, and in doing this, it will make the face shine as
white as snow.

Another to make the face faire.

Take the sheering of Wheat, four hundred, the whites of three
new laid Egges, white wine two pound, Rosemary flowers, as
Rosemary it selfe, and let it be as white, but if you see the it, scum it
cleane, and when it is cold use it, and it will make the skinne soke
white.

Another to remoue high colour
in the face.

Take white wine, four hundred, (or any sweet wine) to remoue
high colour in the face.

A water for heat in the face, and breaking out

with pimples. chap. 38.

Take white wine two pound, the sappe of Bladder, four hundred,
the whites of three Egges, beat them and mix them, and distill them in a glass, and use it
three times, beats pimples, wheales and scurfs, whatsoeuer they be.

To know whether a woman shall be a virgin
or not. chap. 39.

Take

of hidden Secrets.

Take the Meine of a Hare, and having frayed and consumed it in hot water, give it the woman to drinke in the morning at her breakfast, and let her stand in a hot Bath; and if there come a griete or paine in her belly, shee may conceive, if not, she shall neuer conceive.

To make a barren woman beare children.

chap. 90.

Take of those little sea-fishes, called in Latine Polipi, or Polipodes, and roast them upon the Embers without Oyle, and let the woman eat of them, and it shall profit and helpe very much, having in the meane time the company of a man.

To make a woman have a quicke and speedy deliuerance of her children, without paine, or at least very little.

chap. 91.

The leanes of Bittory and stamp them, or else make powder of them and give the woman that laboureth to drinke of it with a little white wine, she shall be deliuered for aintment, without any great paine.

To stop the running of the Raines five severall

wayes. chap. 62.

Take Venice Turpentine washed in red Rose-water, foure ounces, a Spungie, Plantain seed, a yellow Amber head, of each a line, with like quantity of Camomile, a pound of Cowslay roots, which being mingled, reioice of Turpentine with the powder, and make it into five pills as big as a beane, and take them in a spoone with sirrop of Marsh-mallows in the morning, and three times before supper and it will helpe it.

Another for the running of the Raines.

Take Putnegg halfe a pound, and braise them in a mofter, and kneade them in dough and bake them, which bread is very healthfull.

Another speciall way proposed.
Stamp the herbs, and straine out the iuyce into two pound of Muscadel :

The Closet or Treasure

Take then beat the 4 or 5 kernels as small as powder, and put them in a little water on a silver plate, and beat it so till it is very fine, which being put in the same to the rest, stir them all together a good while: then taste it, until it come to a pound and a little more, and divide the one halfe in the morning, and the other at night, making a very light supper.

Another for the same.

Pip and Clary, dried with the yelkes of three or foure Eggs, and taken every morning, is very good.

To strengthen the stomach.

Take Succory, Endive, Plantain, Violet flowers and the leaves, Clary, Bayle, of each halfe a handfull, with a peece of Cotton, make a good broth, and to eat it evening and morning is special good.

Take a little Borage growing in a warm place, chop it, and put it in a little water, and beat it with a mallet, and a little salt, and a little wood, and beat a tile-stone, and lay these two things on it, make a little bag, and when the herbs be hot put them in the bagge, and so lay them to her stomach.

Take a little Borage growing in a warm place, chop it, and put it in a little water, and beat it with a mallet, and a little salt, and a little wood, and beat a tile-stone, and lay these two things on it, make a little bag, and when the herbs be hot put them in the bagge, and so lay them to her stomach.

chap. 95.

Take Linseed Oyle, and Wax, melt them, and wet a rag therin, and lay it to the breast where; which will soothe with the milke.

Take beane flower two handfull, hyame, powder of Saffron, of each a handfull, beating large in a pound, half a poundfull of honey, and a little salt, and a little wood, and beat a tile-stone, and lay these two things on it, make a little bag, and when the herbs be hot put them in the bagge, and so lay them to her stomach.

To

To keepe a womans breast from breaking.

chap. 97.

Take Sage, Marigolds with the blacke seed, and the sharpest nettles, of each halfe a handfull, bruisse them together, and lay it so, which will keepe it from breaking.

For the breasts broken or nor.

Take oile of Roses, beane flower, and the yolke of an Egge with a little Vineger, set it on the fire till it be luke warme, then with a feather anoint the place.

For the naturall heat of the Liuer. chap. 98.

Take Bozage, Buglosse, Succory, Violets, Fumitory, young Pop-buds, Fennell-buds, of each a quarter of a handfull, young Gallones, and Mercurie, of each halfe a handfull, boyle these in a pottle of wyne, and straine them.

For the canker in the mouth.

chap. 99.

Take halfe a pint of Ale, and a sprig of Rosemary, and lette them all together, and scum your Ale, and then put in a pece of Allum, as much as a nut, and a sponesfull of honey, and two sponesfull of Dominisuckle water.

To make the face faire, and the breath sweet.

chap. 100.

Take the flowers of Rosemary, and bolle them in white wine, then wash your face with it, and use it for a drinke, and so shall you make your face faire, and your bzeath sweet.

To make haire as yellow as gold. chap. 101.

Take the rine, or scrapings of Kubarbe, & steep it in white wine, or in cleare lie, and after you haue washed your head with it, you shall wet your haire with a sponge, or some other cloth, & let them dry by the fire, or in the Sun. After this wet them, and drie them againe, for the oftner they doe it, the fairer they will bee, without hurting your head any thing at all.

To drive away all venemous beasts from your

house. chap. 102.

Take Camper, the seed of Agnus Castus, the seeds of ruder Crustles, Marigolds, the greale or suet of a Bucke, Recle or towe Grass, & make a buttell make of al these drugs a dough or paste

The Closet, or Treasure,

paste. And when you toll it, or accup it, burne it, so; whereas the smoke there of gash, the beasts toll hold away.

Against all poyson eaten and drunken.

chap. 103.

Having knowledge that any man is poysoned, the chiefe remedy is to make him vomit the poyson, in giuing him Oyle. Olive luke warme to drinke alone, or mixt with warme water. And if you haue no Oyle, giue him Butter with hot water, or with the decoction of Linseed, or the seed of Pettles, or of Semicrurum: and all these things purge the venome as well downward as upward. After ha- uing made him vomit diuers times, you must purge him with sharp Clysters downward. Then giue him water mixt with honey, and also old wine enough to drinke. But if you can get good Treacle or Spithidate, they are the principallest against poysons, with Terra Sigillata, Acorne shels, and giue it him in good wine. Let his meat be fat flesh of old Beasts, add fat Bitch especially of Hennes and fat fish, and let him not sleepe. And in continuing with this meanes, he shall be deliuered by the helpe of God.

To drive away Lice. chap. 104.

Take Incense, and the Lard of a Barrow hogge, properly called Barrowes grease: hople them together in an earthen pan or pot lea- ded, and with this oylment rub and annoynt the place where the Lice be.

How to make a soueraigne water, that M. Doctor Stephens Phisi- tian, a man of great knowledge and cunning did practise, and v- sed of long experience: and therewith did very many cures, and kept it alwaies secret, till of late a little before his death

Doctor Parker, late Archbishop of Canterburie did get in writing of him. chap. 105.

The Recipe.

Take a gallon of good Gascon wine, then take Ginger, Galin- gale, Camomile, Sinnamon, Nutmegs, Graines, Cloues, Mace, Ani- seedes, of euery of them a pound. Then take Sage, Mar- red Ro- ses, Lime, Pellaspie of the Wall, White Marigold, Rosemarie, Penny

of hidden Secrets.

Plowthe mountaine other soile called wilde Time, Camomile, Lam-
 mber, and Anem, of euerie of them one handfull: then beat the spi-
 ces small, and bruse the Herbs, and put all into the wine, and let it
 stand twelue houres, stirring it ouer times. Then fill it in a Lim-
 becke, and kappe the first pint of the water, for it is the best: then will
 come a second water, which is not so good as the first.

The sundry vertues and operations of the same
 are many, as followeth.

The vertues of these waters be these: It comforteth the spirits,
 and preferueth greatly the youth of man, and helpeth the inward dis-
 ease, something of cold, against the coming of halfe: it cureth the con-
 striction of the bowels, and helpeth the conception of women that be barren:
 it killeth the worms in the belly: it helpeth the cold gout, it hel-
 peth the toothache, it comforteth the stomacke very much, it cureth
 the cold dyspnoea, it helpeth the stone in the bladder, and in the reins
 of the backe: it cureth the canker, it helpeth the drye and sticking breath.
 And he that drinketh this water euery morning and not too oft, it prefer-
 ueth him in yong things, and shall make one scime young very long.
 You must take one spoonfull of this water fasting, but once in se-
 uen daies, for it is very hot in operation. It preserved Doctor
 Steuens that he liued fourescore and eigheteene yeares, whereof
 ten yeares he liued bedded.

To make a water that taketh off all staining, dying and spots
 from the hands of Artificers, charge them by wor-
 king, and wash them with this water. It is
 good for them that be sun-burned.

Take the iuyce of a Limmon, with a little Bay salt, & wash your
 hands with it, and let them drie of themselves: wash them againe,
 and you shall haue all the spots and staining gone. It is also very
 good against the scurffe or scabs.

To heale all manner of inflammation, and euill disposition of
 the skin, as the face, legs, or in any other part of the body.

The Closet or Treasurie

Take flower, or Amillum made of Barley, which ye shall easily find at the Apothecaries, and lethe it halfe an houre in common water, then straine it, and put it into another new pot that is cleane and neat, putting to it a few Spallowes, Succorie, Hoppes, Cin-dine and Bozage, and lethe all these together untill it be dissolved, and adde to it an ounce of Spandall, and then straine all, and take a linnen cloth, as much Cassia extracta as will gee into two nuts, & put it within the said linnen cloth with the Cassia, while the water is hot, pressing it so hard betweene your two fingers, that the substance of it may go into the water, then put to it Sugar or Permides, as much as you will. Of this drinke (which is of very amiable savour) you must take from day to day a little glasse full in the morning, lying in your bed with your head upward, then laying some linnen cloth upon your stomache, sleepe if you can, and take of it also after you be up, and have done your necessary: the which doing, you shall finde your selfe very well healed in few daies. But here note that this must be done in the Summer, and not in the Winter, and he that hath his stomache very cold, may weere before his breast some pece of Scarlet, or other cloth, and sometime anoint his stomache with an Oyle made for the weaknesse of it, the perfect composition whereof we will put hereafter.

A singular ointment which healeth alburnings with fire, not leaving any skarre where it hath bene.

chap. 108.

Take the white of two egges, two ounces of Tuna Alexandrina, two ounces of quicke Lime, washed in nine waters, an ounce of new Urin, with as much Oyle Rose as shall suffice, and make thereof an Oyntment, which ye shall finde very good for this that we have spoken of.

To draw an arrow head or other iron out of a wound.

chap. 109.

Take the iuyce of Halerian, in which ye shall meete tent, and put it into the wound, laying the said herbe stamped upon it, then make your binding as becometh, & by this means you

of hidden Secrets.

you shall draw out the iron. And after heale the wound according
as it shall require.

For him that hath a bunch on his head, or that hath
his head swollen with a fall,
chap. 10.

Take an ounce of Bay salt, rawe honey three ounces, Commin
three ounces, Turpentine two ounces, intermingle all this well by
on the fire, then lay it abroad upon a linnen cloth, and make there-
of plaisters, the which you shall lay hot to his head, and it will alto-
gether assuage the swelling, and heale him cleane and neat.

To know what time in the year herbs and flowers should
be gathered in their full strength.
chap. 11.

Medicines are made diuers and sundry wayes, some by leaues,
some by seeds, some by roots, some by hearbs, some by flowers,
and some by fruits. Such leaues as are put in medicines, should be
gathered when they be at their full waxing, ere that their colour be
changed, or that they fade any thing.

Seeds when they fall be full ripe, and the moistnes somewhat
dried away.

Flowers should be taken when they be fully open, ere they be-
ginne to fade.

Herbs should be gathered when they be full of sap, and ere they
beginne to wither.

Rootes should be gathered when the leaues fall.

Fruits should be taken when that they be at their full growth,
or when they fall, & the heavier the fruit is, the better, and those that
be great and light in ponderation, chuse not them, and those that be
gathered in faire weather, be better than those that be gathered in
raine. And those herbs that grow in the fields are better than
those that grow in cottages and gardens, and those that grow on
hills in the fields are best for medicines, for commonly they be
lesse, and not so fat, and haue more vertue.

Many herbes there be that haue speciall time to be gathered
for, and if they be gathered in that time, they haue the full vertue, to
their

The Closet of the Solitarie

their money, and also not to god. Some doe saye that they should be gathered, and some thought if they be gathered out of the garden for a marke well what I teach the.

Buttome should be gathered in Lammas month, with the seed and the roots, and without any Iron, and it must be dyed in the shadow: for Medicines it may be gathered other times, but evermore it is the better if it be gotten without iron, and it must be gathered before the sunne rising.

Camemill may be gathered when it is in flower, in the time of the month.

Camemill should be gathered in April.

Wellstorie should be gathered in June, before the sunne rising.

Red Dogge should be gathered when they are in flower, and of a longe base must be gathered in February and July.

Penitwort must be gathered in the beginning of winter.

Germander should be gathered in Lammas month.

Dragon should be gathered in June and July.

Columbine in June and in the month of July.

Groundell alway after midday, and it is good to be gathered in the month of March.

Wiolet should be gathered in the month of March.

Wiolet should be gathered in the month of March.

Wiolet should be gathered in the month of March.

Wiolet should be gathered in the month of March.

Wiolet should be gathered in the month of March.

Wiolet should be gathered in the month of March.

Wiolet should be gathered in the month of March.

Wiolet should be gathered in the month of March.

Wiolet should be gathered in the month of March.

Wiolet should be gathered in the month of March.

Wiolet should be gathered in the month of March.

Wiolet should be gathered in the month of March.

Wiolet should be gathered in the month of March.

Wiolet should be gathered in the month of March.

Wiolet should be gathered in the month of March.

Wiolet should be gathered in the month of March.

Wiolet should be gathered in the month of March.

Wiolet should be gathered in the month of March.

Wiolet should be gathered in the month of March.

Wiolet should be gathered in the month of March.

of hidden Secrets.

be ripe, and dyed where the Sunne may be all day.

Willde Herry-berries should be gathered when they war yellow.

Cucumber should be gathered when the fruit is ripe, and the fruit should be laid vnder Wines, where the Sunne may not haue all his strength on scin a night place, that it may rot, for then the seed shall be good and full of hennels.

Citrull when the fruit is ripe, and dyed in a dry place in the Sunne.

Calamint should be gathered when it flourisheth, and dry it in the shadow, and it will last a yere.

Santon should be gathered before the Sunne arise.

Gobur, that groweth among Flax, should be gathered when he beginneth to flower, and it may be kept three yeres.

Cleuer should be gathered in harvest time.

Fennell seeds should be gathered in the beginning of harvest, and two yeres they may be kept.

The roots of Fennell should be gathered in the beginning of the yere, and two yeres they are good.

Waldemoney, that some men call Gentian, should be gathered in the last end of the yere, and foure yeres it is good enough.

The root of this herbe is used, and how thou shalt know him is this, that he be very bitter, the like vnto the worse.

Also know that it be white, whole, and not hollow within, but sad, and not brittle, nor full of powder.

Calingale is called in Physicke Typus; it may be taken at all times when good thou wilt, but best it is in the end of May, and three dayes it may be laid in the Sunne, and to be dried, that the moisture rot it not, and then you must keepe it in the shadow.

Flower-de-luce should be gathered in the end of May, and dyed in the Sunne, and it will last two yeres well.

Hand of May at 11, changed ground will be good and safe at 12
 and in the middle of the month of May, and in the middle of the
 month of June, and in the middle of the month of July, and in the
 middle of the month of August, and in the middle of the month of September.

The Closet or Treasurie

Here follow the sundry vertues of Roses, for diuers
Medicines. chap. 112.

Roses be cold and moist in two degrees : It hath these vertues,
stampe it and lay it to a soze that burneth and aketh, and it shal cease
both the burning and aking.

Also, it is good for the Fenner in the stomacke, and against all
euills that are genized in hot humors.

Also, let any woman drinke it with wine, and it shall shortly
cause her to restraine bleeding, & helpe the marraims of the wombe.

Also make oile of Roses, and that is a principall receit for prick-
ing in sinewes, and the water thereof is good for eyes eyes, and for
hot euills, and the oile is good for the head ache to anoint therewith
the temples, and the root of him is good to draw forth from a
other things in a mans foot, and the redde rose is much better than
the white.

The sundry vertues of Lillies.

chap. 113.

Lillies are cold and dry in the third degree, and in such Galen,
that who so seetheth the leaues in water, it is a noble plaister for
sinewes that are shotted, and it is good for all manner of burnings
and scaldings.

Also, when the leaues and rootes are sodden in old wine, and
tempered up with honey, it is a profitable plaister, for the sores that
are barren. Also the water & the iuyce is good for to wash the brui-
sers, and to take away the freckles on mans visage as womens: and
the root is good to ripe therewith blatches, and for to breake them.

Of the sundry vertues of Milfoyle.

chap. 114.

Milfoyle is hot and dry in the second degree, it is good to stanch
the bloudie air, and the iuyce thereof heales the biting of a redde
hound : and if it be sod in red wine, drinke it, and it shall loosen
in the wombe, and it softneth hardnes in a mans wombe, and hel-
peth the Jaundise and dyspnie.

And

of hidden Secrecs.

And take the herbe and stampett, and temper it with Vineger, and it will doe away blond in wainds, and it will cease the twitch when it is chewed fasting. Also it is good for the Kinging of an Alder, when it is sodden in wine, drinke it, and lay the substance thereto, and it will draine the venemout of the soze.

• The sundry vertues of Rosemary. chap. 115.

Rosemarie is hot and drie : take the flowers thereof, and put them in a cleane cloth, and boyle them in faire cleane water, untill halfe be waiked, and coole it, and drinke that water, for it is much worthy against all manner of euills in the body.

Also, take the flowers, and make powder thereof, and binde it to the right arme in a linnen cloth, and it shall make the light and merry.

Also eat the flowers with honey fasting, with sowze bread, or else with other bread; and there shall arise in thee no euill swelling.

Also, take the flowers, and put them in thy chest among thy cloth or among thy bookes, and mothes shall not destroy them.

Also, boyle the flowers in Goats milke, and then let them stand all night vnder the aire couered, and after that giue him to drinke thereof that hath the Wicke, and he shall be holpen.

Also, if there be any man that is rannage, take the flowers, and leaues a great quantity, and boyle them together in a good quantity of cleane water, in that Patient Balneat, and it shall heale him.

Also, boile the leaues in white wine, and wash thy face therewith and thy beard, and thy dyowes, and there shall no coyne spring out, but thou shalt haue a faire face.

Also, put the leaues vnder thy bed; and thou shalt be deliuered of all euill dreames.

Also, breake the leaues to powder, and lay them on the Canker, and it shall kill it.

Also, take the leaues, and put them in a wine vessell, and it shall keepe the wine from all sowzenes and euill saours: and if thou wilt sell thy wine, thou shalt haue good speed.

Also, if thou be feeble with vnhinde sweat, boyle the leaues in cleane

The Closet or Treasure

cleane water, and wash thy head therewith, and thou shalt be holie,
and from that evil.

Also, if thou hast lost appetite or eating, boile these leaues in
cleane water, and when the water is cold, put therunto as much of
white wine, and then make therein sops: eat thou thereof well, and
thou shalt restore thy appetite againe.

Also, if thou haue the Flux, boile the leaues in strong Cyzill, and
lay them in a linnen cloth, and binde it to thy wombe, and anon
thy Flux shall be withstanding.

Also, if thy legs be blowne with the Gout, boile the leaues in wa-
ter, and then take the leaues, and binde them in a linnen cloth, and
binde it about thy legs, and it shall doe thee much good.

Also, take the leaues, and boile them in strong Cyzill, and binde
them to thy stomacke in a cloth, and it shall deliver thee of all evils.

Also, if thou haue the cough by drinking, or by any other way, drinke
the water of the leaues boyled in white wine, and ye shall be whole.

Take powder of the rinde of Rosemary, and drinke it, and if thou
be in the pest, thou shalt be delivered.

Also, take the timber thereof, and burne it to coales, and make a
powder thereof, and then put it in a linnen cloth, and rub thy teeth
therewith, and if thou be any way hurt therein it shall cure them, and
keepe thy teeth from all evils.

Also, of the wood make a boyll to smell thereto, and it shall keepe
thee youngly.

Also, make thereof a hennell, and drinke thou of the drink that han-
deth thereto, and thou shalt not dread of any evil, being therein:
and if thou set it in the hole of thy Garden, keepe it honestly, and it
shall bring forth much increasing of it selfe.

And if a man have lost his smelling of the nose, that he may not
drinke his breath, make a stick of the wood and bake his head there-
with, and eat it, and it shall keepe him well.

Also, a man that hath the Gout, take Oyle of Rose, and the yolk
of an Egge, and the flowers of Rosemarie, and medle them together,
and rub it to his face, and he shall be helpen.

How

of hidden secrets.

For to make a speciall soveraigne water, which is of three colours; and it is called the Mother of all waters, which is very excellent to cure the canker, the pocks, or leprosie, or any other kinde of superfluous humours, or any fore old or new, and it is thus made.

Chap. 116.

Take Turpentine foure pound, of Frankinsence, Spack, of either two ounces, Allowes, Spatcke, Date Stones, Labdanum, Castorium, rootes of Betaine, rootes of Gnula Campana, of each two ounces, distill them in a Limbecke of glasse, with a soft fire. The first water is cleare: the second water is yellow, and swimmeth above the other: the third water is reddish like Saffron, and when it beginneth to be redde and thicke like honny, then beginneth the third water. The first water burneth like a candle: the second water curdeth like milke, and if you put one droppe of the third water into a cup of drinke, it goeth presently to the bottome, and there will tette an houres space, and then mount vp to the toppe, as true Balm doth: and with this water if you wash your face twice a day and chynge your Roshills, it cureth the reume descending from the braine, and clarifieth the sight. And if you wet a linnen cloth in this water, and lay it to any soze legge or arme that hath dead flesh, it will cleanse it, and drie away the ache within five houres space, and it consumes all Apostumes, Ulcers, Fistules, Puslules, Emoroids, and healeth all greene wounds. And if ye dip a linnen cloath there in and make it frefold, and lay it to the noddle of your necke, it healeth the Palfie: and so likewise it cureth the Gout, or any sinnew that is drawne together therewith, bathe it thyece or foure times together warme.

The water that is of the colour of blood, is of such vertue, that if a leproous man or woman use therof fiftene dayes together, halfe a spoonesfull every daye he shall be healed.

The first water is of such vertue, that if it be put in a fresh wound, it healeth it in foure and twentie houres, if it be not moysall.

And it healeth all kinde of cankers, crepces, Noli me tangere, within fiftene dayes, if you wash them with the said water every third

The Closet, or Treasure,

day, and if you make rags of cloath, and dip it in the same water, and lay it vpon a plague soze, and drop one drop therein, and it moztifieth the malignity thereof, and that hastily. And if you droppe one drop in the eye, that hath a pearte, or is halfe blind, it will reconer it in eight dayes without any paines: and if you drinke a spoonesfull of it with white Wine, it will recover the strangury or disure within five houres, and breaketh the stone within two houres, whether it be in the reins or in the bladder. The water that hath the colour of blond is most precious, it comforteth the weake member, and preserveth the body from all diseases, and purifiseth rotten blond, and healeth all diseases of the splee, and keepeth away the Gout, and causeth good digestion, it purgeth cold and rotten blond, and putteth away ill humors, and healeth all agues. This water must be dyled from the month of November, to the month of Aprill, and you must take but halfe a spoonfull at once, nor oftner than once a weeke.

The manner to make this water, you must have a glasse a cubite high, and fill it with Aqua viæ made with Wine, and stop it well, then put it in horse-dung, so that it be not moyst, nor too wet, leass the glasse breake, and you must leave the necke of the glasse without in the ayre; that glasse through heat of the dung will growe soze, so that the water will ascend to the necke of the glasse, and descend againe to the bottom through the ayre, and so let it stand thirty daies, then take out the glasse, and put these things following in the water, and stoppe the mouth that it breathe not out, and so leave it in eight dayes.

Last of all, put the glasse in Balneo Mariæ with sand, setting on a head with a receiver, well stopp'd, and make a soft fire, and gather the first water that drops cleare, but when you see the second water turne into redde colour, change the Receiver, so then beginneth the second water to come, and that will keepe well in a glasse well stopp'd.

The spices that goe to this water, be these, with the herbes, Cardanum, Cloves, Nutmegs, Ginger, Calingale, Zedoaire, Pepper, Spikenard, Laurell berries, Smallage seedes, Bugwort seedes, Fennell seedes, Annis seedes, Flowers of Basil, Elderne flowers, redde Roses and white, Rignum Aloes, Caciibes, Cardanum, Calamus Aromaticus, Spices, Germander, Frankincense, Turmentill, Juniper, Ceyronie, Sentoze, Funitozie, Pompernell.

of hidden secrets.

nell, Dandelion, Estrage, Endive, leaves of Sorrell, yellow Sanders, Fetherfoe, Allers, Cypatich, of each two ounces, Rubarb, two drammes, dry figges, Raisins, Dates without stones, sweet Almonds, of each two ounces, Aqua vitæ to the quantity of them all that is, for one pound of Engredience, foure pound of Sugar, two pound of honey. This water is called the mother of all waters.

A perfect way to cure the loathsome disease of the French pocks, paines in the loines, lameness of limmes, paleness of colour, loathsome scabbes, or any other filthy disease proceeding of superfluous or euill humours, as also to assuage ouer grosse and foggie fat bellies, and that without danger.

Chap 17.

First it is needfull to provide for the sicke body a close and cleane Chamber out of all grosse aire, and cleane warme garments, both for body and legges, and at rising and going to bed, a fire of Charcoales, for wood is not so wholesome for smoaking: also, they must not be troubled with any thing to bying them out of patience, for that corrupteth the bloud, which must be new altered: also the sicke body must eat but little meat, and that kinde of meat as shall hereafter be prescribed, and at such time as shall bee appointed, and let the sicke body vse playing on instruments, or heare some playing, or tell merry tales, and let him haue no company of any woman, for that is a most dangerous payson for the health of any person in that case.

Secondly, you must prepare two brasse pots or else iron, one being foure gallons, the other six gallons, one for strong drinke, the other for small drinke.

Also, you must haue close couers to them of brasse or iron, you must also prepare certaine good earthen vessels, with close couers, to keepe your drinke in, of both sorts by themselves. Moreover, you must haue a Strainer, of a Bearce-cloth to straine your drinke after it is decoct, Instruments to take out dead flesh, and to

The Closer, or Treasure,

Search a foze, and a syring to cleanse any soze being deape, with the same drinke. Also you must haue a wooden bessel to bathe the sicke body in, at such times as hereafter shall be appointed. Also you must prepare cleane cloathes to drie the sicke body after a sweate, being warmed well first: other instruments you shall need none, but onely your wood scraped small or turned, and the barkes of the wood pounded in a moyster, and the drugs also small, and your water which you shall decoct, the same must bee of a good Conduit or running brooke, very cleane without any kinde of filth. Chalke water is good.

Thirdly, for your strong drinke, you must take your pot of foure gallons, & set it on a fire of coales, with the foure gallons of the saide running water, then put into the same one pound and a halfe of your wood, small raped, or turned at the Turners, but when you do buy your wood, see it be not old, and lacke moisture: this triall is best: Take a little coale burning, and lay it on the blocke before it be raped, and if it be good, it will boyle vpon every side of the coale like a Pirhe: Then put thereto an ounce or a little more of the barkes of the same wood made in small powder, then take a quarter of a pound of Cummin-seeds put whole into the same, and one halfe quarter of an ounce of Kadir, and Ribard, and then stop your pot fast, and lay paste above the cover, and so fast that no aire come out, then seeth it on a soft fire, but ever keepe it boyling, and let it boyle at the least eight houres, then set it by, and vntill it be cold, then take your Decoction, and straine it into a faire earthen pot, and couer it close. The sicke body must drinke of this but one draught like warme, in the morning, and one other at night.

Fourthly, you must take your pot of six gallons, and put in it six gallons of running water, and one pound of the wood raped, and a quarter of Cummin seedes, and decoct it in all kinde of thing euen as the other, being close stopped, and when it is cold straine it into an earthen bessel or vessels, & that must the party drinke at meale, and at other times when he list to take it, and so on, but draw it by.

Fifthly, the sicke body must be kept very warme, and not rise out of bed before eight of the clocke, and then eat a dozen or twenty Kettles of the Soupe, and no bread, but a draught of strong drinke warme,

and

of hidden Secrets.

and about eleven of the clock, let the sicke body eat a little meat, as may suffice nature, and what meat, it shall be hereafter shewed: then let the sick body walke some-whiles in his chamber, or reade some booke, or play on instruments, to keepe him from sleeping: then at six of the clocke at night, a dozen of Raisins of the Sunne, and nothing else but a draught of strong drinke warmed.

Sixtly, giue to the Patient to eat, these meats following, Chickin, Partridge, Pheasant, Hen, Capon, Rabbet, Conny, Teale, Putton, and none other, nor any salt nor leauened bread, nor Rie bread, and very seldome roasted, but boiled in water, and no Broth nor Porredge, nor any kind of saure: if the sicke body haue roast, let it be but euery third meale, and no kind of fish, milke, or fruits, Raisins excepted.

Seuenthly, once in thre dayes, for the first nine dayes in the moorning, let the sicke body drinke a good draught of the strong drinke somewhat warme, and then lay very many cloathes on him, till he sweate, for the space of two houres: then ease some of the cloathes, and haue warmed linnen cloathes, and rub all the body dry ere he rise, if he haue any sores that be deepe, wash the soze with strong drinke, and with a feather, and dip a little cloath in the strong drinke, and lay it to the soze, whether be soze or knobs.

Eighthly, after nine or ten dayes be past, once in thre dayes let the sick body be bathed on this sort. Set faire running water on the fire, and put thereto a great deale of ground Ivy leaues, and red Sage, and Fennell also, and by a good fire when the sicke body is going to bed, put the water and hearbs into a vessell of wood, and let the sick body stand by sight in it by the fire, and take by the hearbes, and rub the body of the sick Patient downwarres, & then dry him with warm cloathes: vse this thre weekes, and by the grace of God the sick body shall be made whole, whatsoener he be: then if the party be very weake, after nine or ten of the first dayes, let him eat euery day at foure a clock in the after noone a new laid egge poached in faire water, & as much new bread as may suffice nature, & a little cleane wine. Use this diet with good regard, as before prescribed, and (by the grace of God) they shall be perswaded of their diseases aboue mentioned.

The Closet, or Treasurie,

The manner to make another kinde of diet drinke of stronger operation, for the same diseases, which by the practise onely of one man, hath done very great good, as well in the City of London, as in diuers parts of the Realme.

Chap. 18.

Take of the best Quaiicum, most beanie, and full of Gum, foure pound; let it be well rased with a Rape, or turned into fine chips by a Turner, and of the same barked two pound: of Carduus Benedictus, which is called the blessed Whistle, halfe a pound, of Spardenhaire, Cetrach, the flowers of wilde and Garden Buglosse, Anis one pound, sweet Cassia, six ounces, Anis-seed one ounce and a halfe, white Sugar six pound, call all these into a wine vessell cleane and apt for the same purpose, upon which paze of the cleaneest and best white Wine that may be got, in quantity one hundred and fifty pound, coner this vessell three daies, then straine it through an haire cloath: then keepe it in a cleane vessell for the Patient at dinner and supper, but not to drinke it in the morning or evening. Besides the drinking of this Quaiicum at Dinner and Supper, the Patient may betwene the times, as one houre before or after Dinner or Supper, drinke foure or five ounces. Also your aforesaid receipts may be put in cleane new white wines or Claret wines, being fined and made in the prescribed manner.

Furthermore, the Patient that hath the Pox, Droppe, or Cont, may drinke among, this worthy medicine following, the doze or quantity is two ounces or more, according to the age and complexion of the Patient.

Take Painshaire, cleane fresh Hops, Fumitory, Cetrach, called Asplenium, Sene of Alexand. of each three drammes, great Centaury rootes, Lignozice, Polipody, wild and garden Buglosse, each four ounces, Anis seeds, Nigella Romana, the flowers of Buglosse, the three Saunders, Cinamon, each five ounces; put this into 24. pound of the Quaiicum water, sodden after the description in the Compound following: then put it in a close vessell, and stoppe the mouth, and when that is done, set the said vessell in another seething kettle, upon the fire, so let it stand and sath for twenty houres saire
and

of hidden Secrets.

and softly then straine it, and keepe it in a cleane close vessell for the vse aforesaid. But if the Patient be full of humours; then do thus: take Sene Alerand. tido pound, Succa Rosarum solariua, sſr pound, white Sugar seuen pound, Rubard elected thre ounces; finely cut, Turbit of the best one ounce, put these in a cleane stone-pot with a narrow mouth: powze into this pot xliiij. pound of the common Guaicum water, made in manner in the compound following: stop your pots mouth, seith it in the foresaid manner vpon a soft fire 24. houres untill it come to a thinne sirrop, called Jelop, then straine it, and keepe this precious purging drinke for moztning; the Dosse one ounce and a halfe, according to the age, complexion, and strength: the Patient must also eat bread thre ounces, well baked like Bisket, and the flesh of Chicken, Hen, Capon, Partridge, Pheasant, small birds of the wood roasted, expell sodden meats: and if the common drinke be too strong, then the Patient may powze there-vnto some small cleare Wine, or Ware: let the Patient be merry, kept in a faire cleane chamber, with sweet perfumes, not much seding, but little and fine, with cleane warme apparell, and a fire with Charcoales, eschewing Wenery, Wines, Fish, grosse flesh, pottage, and white meate: care, anger, cold, much heat; and by Gods helpe ye shall haue present remedies, whether it be for the Dore or to cleanse the reynes, or for them that be ouer fat or foggie people, full of grosse humours, gotten with ease and seding, and to rebate & allwaige their foggines without hurt, but rather renue them (as it were) and make them ferme yong. It helpeth also the Gout, Dropke, Sciatica, Cancer, and Tympanie, and many other loathsome diseases, that proceed from ouer great abundance of grosse humours, also for extreme paine in the toyns.

The manner to chuse the best Guaicum, or
Lignum vitæ.

Chap. 119.

OF this wood Guaicum, there are three kinds: the first is black within, in the heart pale coloured, hauing in it russet lines, very hard and heauy. The other blacke within, but white without, hauing very small lines, is hard and heauy, and not so great as the first. The third is all right white within and without, hauing very small lines; and the heart of this wood is best, the arme of the
Tree

The Closer, or Treasure,

tree is better than the bodie, the boughes nearer the fruit than the
more vertue, warmesse, and dyuine, than the lower parts of the
tree, which are more grosser, and more earthly of nature: and the
more vinctious the wood is, it is the better: the sap is not so good as the
heart neither the barks so good as the sap. But the white wood is
sweet, and most excellent in operation, and is Lignum sanctum, the
holy wood. The bark of the straight young branches or boughs, be-
ing heavy and white, moist, and without lines, hard compacted, be
the best barks for the Pore. All these woods called Guciaci, haue a
Resin, or matter like Benjamin, or pleasant Gum within the wood,
which is the spirit or lively helping humour in decoration for the Pore,
in the sinewes, veines, muscles, head, hands, feet, and the bones:
So Achueile is so sharpe and cruel to nature, but this precious wood
will both quickly and gently assuage the paine griefe of the same,
if it be ministred accordingly in decoration, namely to them, whom ei-
ther the Pore hath tormented, or else the Gout with intollerable
griefe.

A most certaine and approoved remedie against all manner of
pestilence or plague, be it neuer so
vehement.

Chap. 120.

Take an Onion and cut him ouerthwart, then make a little hole
in each peece, the which you shall fill with fine Treacle, and set
the peece together againe as they were before: after this, wrap
them in a wet linnen cloath, putting it to roast, covered in the Em-
bers or ashes: and when it is roasted enough, presse out all the iuice
of it, and giue the Patient to drinke thereof a spoonfull immediately he
shall feele himselfe better, and shall without faile be healed

To

of hidden Secrets.

To make a sirrop of Vinegar, good for many things.

Chap. 121.

Take sharpe Vinegar a pound and a halfe, Sugar two pound and a halfe, boyle it till it be a sirrop, It will digest Choler, Melancholy, and Flegme : it will make grosse humors thinne : openeth obstructions, provoketh urine, expelleth naughty humors : is good against all pestilent Feavers, cooleth and quencheth thirst, & keeps the body loose.

To comfort the heart, and take away Melancholy.

Chap. 122.

Take the iuyce of Bozage four pound, the flowers of Bozage half a pound: let these stand infused in hot embers fourtē houres, then being strained and clarified, put to of good Sugar two pound, and boyle it to a sirrop.

A sirropt to cleanse the breast and the lungs, the
Cough and the Plurisie.

Chap. 123.

Take Licoriz small sized and bruised, an ounce, Maidenhaire halfe an ounce, Hyssop two drammes, water two pound, let these lie mixt foure and twenty houres, then boyle it till the third part be consumed, then straine it, and put into the same of good honey, of Sugar pennet, and white Sugar, of each foure ounces, and Rose-water three ounces.

For spetting eicher of Lights or Lungs.

Chap. 124.

Take the iuyce of Purslane, and Plantine, of each an ounce, red Corall a dram, and bloud-stone halfe a dram fine powdered, mixt together, use it.

The Cleanest Side

[illegible][illegible]

11-12

THE UNIVERSITY OF CHICAGO PRESS

To make a sirrop of Vinegar, good for many things.

Chap. 121.

Take sharpe Vinegar a pound and a halfe, Sugar two pound and a halfe, boyle it till it be a sirrop. It will digest Choler, Melancholy, and Flegme: it will make grosse humors thinne: openeth obstructions, moveth brine, expelleth naughty humors: is good against all pestilent Feavers, cooleth and quengeth thirst, & keeps the body loose.

To comfort the heart, and take away Melancholy.

Chap. 122.

Take the iuyce of Bozage four pound, the flowers of Bozage half a pound: let these stand infused in hot embers fourtē houres, then being strained and clarified, put in of good Sugar two pound, and boyle it to a sirrop.

A sirropto cleanse the breast and the lungs, the Cough and the Plurisie.

Chap. 123.

Take Licoriz small sized and dried, an ounce, Maidenhaire halfe an ounce, Hyssop two drammes, water two pound, let these lie mixt four and twenty houres, then boyle it till the third part be consumed, then straine it, and put into the same of good honey, of Sugar pennet, and white Sugar, of each four ounces, and Rose-water three ounces.

For spitting either of Lights or Lungs.

Chap. 124.

Take the iuyce of Purslane, and Plantine, of each an ounce, red Coral a dram, and bloud-stone halfe a dram fine powdered, mixt together, use it.

The Closter of Treasurie

For wormes in young children. chap. 125.

Take Lupines, and make fistour of them, which kneaded with honey lay it to the stomache of the childe.

For the swelling of the Codi. chap. 126.

Take the same, lay it to the greivous place, and thou shalt have present remedy.

For him that cannot hold his water. chap. 127.

Take the small end of Daken leanes, & set the them in Claret wine, being well beaten, lay it as hot as may be suffered vpon the yard in a plaister fashion.

For the head ache. chap. 128.

Take the tupe of spartanum, and put it into the spetethills, and it will helpe you.

For griefe of the stomache. chap. 129.

Take Masticke, Clones, Nutmegs, of each a dram, Spice and Cinamon, of each halfe a dram, and powdered: then take the bot-
tome of a browne loafe toasted and dypt in Palmesie, strewing of
the said powder vpon it, lay it to the stomache; and it is a present
remedy.
Take white wine, conduct water, of each a pound, Roch Allum,
halfe an ounce, and poundfulls of honey; boyle all to a pound and a
halfe, and vse it thre or foure times a day.

A Gargill for a sore throat. chap. 131.

Take white wine, conduct water, of each a pound, Roch Allum,
halfe an ounce, and poundfulls of honey; boyle all to a pound and a
halfe, and vse it thre or foure times a day.

of hidden Secrets.

A water for Scabs, Vicers, and Pufhes.

chap. 133.

Take Plantine water halfe a pound, water of Oranges foure ounces, Sublimate powder, an ounce, put all in a double glasse, as some other good vessel, and let it boyle with a gentle fire, a quarter of an houre, and take it off, and keepe it in a cleane vessel, which bleth 3 or 4 sundry times, and it will heale them.

To make a water to take out all spots of cloth of gold,
and veluer. chap. 133.

Take rawe redde Arsmicke, Marten Cudum, of each of them a like quantity, and when they be well brayed, poure some faire water vpon them, and then putting the hearb Cinkefoyle to it, lethe it vnto the halfe, and then let it coole, and set it in the sun two houres: then wash your cloth in it, and let it dry in the sunne.

To take spots of grease and oyle out of all sorts
of cloth, whire or other.
chap. 134.

Take the water that pease hath bene sod in, and keepe your cloth where the spot is in it, and then wash it in cleane riuer water, and drie it in the sunne.

To take all manner of spots out of silke.
chap. 135.

Take the iuyce of great and round Mushrooms of a sharp taste, wet the spots in it the space of two houres, & then wash them with cleare water, and then let them drie.

To take spots out of cloth. chap. 136.

Take cold lye, and lees of white Wine, made a little hot, and mix them well together. But you must take heed they be not too hot, and wash your cloth.

The Closet or Treasurie

A soveraigne remedy for the Cough.

chap. 137.

Take Brimstone beaten in powder halfe an ounce, and put it in a new laid Cage soft roasted, mingle it well together, then put to it Benjamin the bignes of a Zitch Beate, lightly stamped, and sink it in the morning for your breakfast: Take also honey vagaine at night when you go to bed, and you shall be whole at the second or third time. But if the cough have holden you long, you must take it so much the oftner.

To keepe your Poultry from destroyng with

Vencels. chap. 138.

Ask your Poultry with the iuyce of Rue or Herbe grace, and the secretes shall do them no hurt: If they eat the Lungs of a Tox, the Foxes will not eat them.

A briefe Treatise of Vrinis, as well of mens Vrinis as of womens: to iudge by the colours, which betokeneth healt, which sicknesse, and which death. chap. 139.

It is shewed, that in foure parts of the body dwelleth sicknes and healt, that is, in the wombe, in the head, in the liver, and in the bladder. In what manner thou must know their properties, & therof thou shalt learne.

If a mans Urine be white at morning, and red before meat, and white after meat, he is whole. And if it be red and white, it is no good: and if the Urine be meanly thicke, it is good to like. And if it be thicke as a Rue-plas, it betokeneth dead heade.

Urine that is two daies red, and the third day white, betokeneth very health.

Urine that is fat, white, & moist, betokeneth the feaver quietaine. Urine that is bloody, betokeneth that the bladder is hurt, by some rotting that is within.

A little Urine all fleshy betakeneth of the reynes: who pisseth blood without heandse, hath some vein broken in the reynes.

Urine that is ponderous, betakeneth that the bladder is hurt.

Urine that is somewhat bloody or thick, betokeneth great sull within the body, and namely in the bladder.

Urine that falleth by droppes above, as it were great volnes, betakeneth

of hidden Secrets.

betokeneth great sickness and long.

Womens Urine that is cleare and shining in the Urinall as silver, if she cast off, and if she haue no talent to meat, it betokeneth she is with childe.

Womens Urine that is strong and white with stinking, betokeneth sickness in the reynes, and in her secret receits, in her chambers full of euill humors, and of sickness of her selfe.

Womens Urine that is blondy, and cleare as water vnder, betokeneth head-ach.

Womens Urine that is like to gold, cleare and mighty, betokeneth that she hath lost to man.

Womens Urine that hath colour of stable cleansing, betokeneth her to haue the sweauer quartaine, and she to die the third day.

Womens Urine that appeareth as colour of lead, if she be with childe, betokeneth that it is death within her.

Hereafter follow all the Vrines that betoken death, as well the vrine of the man as of the woman. chap. 140.

In a whole Urin, one part red, another black, another graine, and another blew, betokeneth death.

Urine in whole Urin, blacke and little in quantity, fatty and stinking, it betokeneth death.

Urine covered ouer all as lead, betokeneth prolonging of death.

Urine that shineth raw and right bright, if the skins in the bottom shine not, it betokeneth death.

Urine thin in substance, hauing floting aboue, as it were a darke skie, signifieth of death.

Urine vnto, stinking, and darke, with a darke skie within, betokeneth a prolonging of death.

Urine that is of the colour of water, if it haue a darke skie in an Urin, it betokeneth death.

Urine that hath drosses in the bottome medled with blond, it betokeneth death.

Urine blacke and thiske, if the sick loath when he goeth to the pissing, and when he speaketh ouerthwart, or that he vnderstandeth not aright, and if these sicknesses goe not from him, they betoken death.

FINIS.

The Table of the Secrets in this Booke.

To make Marchpane. chap. 1.	To make a colosse of Damins. 29
To guild a Marchpane, tart or such like. 2	To preserve Damasins. 30
To bake Quinces. 3	To make Wardens in sirrop. 31
To keepe Quinces vnpaired a whole yeare. 4	To make Prunes in sirrop. 32
To make Rose vineger. 5	The vertue of conserue of Suc- cary, Elder flowers, Sorrell, Maidenhair. 33, 34, 35, 36
Suger paste to make conceits for banquets. 6	To make conserues of Elecam- pana roots, of Acornes, or Gladden, of Strawberries, of Cherries, & Barberries, with their vertue. 37, 38, 39, 40
To make Orenge Confects. 7	To make all kinds of sirrops. 41
Blanch powder for roasted Quin- ces. 8	A Violet powder for woollen cloths, &c. 42
To conserue Quinces in sirrop. 9	A sweet powder for Napery & all linnen cloths, &c. 43
To conserue plums or Dama- sins in sirrop. 10	A pomeamber. 44
To make walnuts in sirrop. 11	A fine fumigation to cast vpon the coales. 45
To make Marmalade of Quin- ces. 12	The same in Osetts. 46
Marmalade of Damasins or Prunes. 13	A moist fume vpon a fuming- dish. 47
Succade of peeles of Orenge or Limons. 14	A fumigation for a presse, and cloths against mothes. 48
Greene Ginger. 15	A perfume for a chamber. 49
Manus Christi. 16	A damaske perfume. 50
Aqua Composita. 17	A sweet ball against the plague. 51
Aqua vite. 18	To make an odoriferous white powder. 52
To make diuers necessary oiles of great vertue. 19	A fine red powder. 53
To make conserue of Roses, vi- olets, Buglosse, Borage, Rose- mary. 22, 23, 24	A sweet blacke powder. 54
To keepe cherries or Gooseber- ries condit. 25	A powder wherewith to make sweet waters. 55
To make Gelly of Quinces, as my Lady Gray Clements saith. 26	Rules to bee obserued in di- stilling of all herbs and flowers. 56
To conserue quinces al the yeare was vsed for K. Edw. 27	To make the water of the same colour
To make Quinces in sirrop. 28	

The Table.

colour of the herbs you distill.	57	To make women in labour haue speedy deliuerance.	91
A compound water to perfume gloues, &c.	58	To stop the running of the reines three manner of wayes.	92
Damaske water.	59	To strengthen the seed of man or woman.	93
Another manner of making Damaske water.	60	For the gnawing in a womans stomacke.	94
The knowledge of the names, & naturall disposition of diuers diseases.	61	To make sweet Damask powder foure manner of waies.	idem
Diuers necessary obseruations, both physicall and Astronomicall.	62	To make pepper soft, with the vertue of the same.	idem
Certaine secret remedies appointed to be used in the year 163, 64, &c.		For the Ague in a womans breast	94
Full you come to 76.		For breasts that be sore with milk	95
Powder of Holland against the collicke.	77	For a sore breast:	96
A powder to cause a gentle lask.	78	To keepe a womans breast from breaking.	97
A receit to restore strength, being weak with sicknesse.	79	For the vnaturall heat of the liuer.	98
To make Loofings.	80	For the canker in the mouth.	99
To perfume gloues eight manner of waies.	81	To make the face faire and the breath sweet.	100
A perfume for Chests, and Cupboards, &c.	82	To make haire as yellow as gold.	101
To colour gloues.	83	To driue all venomous beasts from your house.	102
Muske Sope.	84	A remedy for all poyson eaten or drunken.	103
Red sealing wax.	85	To driue away lice.	104
To keepe Damaske or plummes in sirrop.	86	To make Doctor Siuens water, with the soueraigne vertue of the same for many things.	105
A water for the face, vsed for gentle women.	87	To make a water to rake away Sunburnings, spots, and staynings of the face & hands.	107
A water for heat in the face, and for pimples.	88	To heale leopory faces, & swollen legges.	108
To know if a woman shall euer conceiue or no.	89		
To make a barren woman to beare children.	90		

The Table.

A singular ointment for burning
with fire. 108
To draw out an arrow head or
other iron out of a wound. 109
For one that hath his head
swollen with a fall. 110
To know what time herbes
should be gathered in their
full strength and vertue. 111
The sundry vertue of Roses. 112
The sundry vertues of lillies. 113
The sundry vertues of Milfoile.
114
The sundry vermes of Rose-
mary. 115
To make a soueraigne water of
three colour, called the Mo-
ther of all waters. 116
To make two of the best & vsuall
sorts of diet drink, with the per-
fect manner to cure the French
pocks, and other lothsome and
grossous diseases. 117. 118
The manner to chuse the best
Ginseng, or Siquin vitz.
119
A most certain and approved re-
medy against all manner of pe-
stilence or plague, be it neuer
so vehement. 120
To make a sirrop of vinegar good
for many things. 121

To comfort the heart, and take a-
way melancholy. 122
A sirrop to cleanse the breast and
the lungs, the cough and the
phlisis. 123
For spitting either of Lignes or
Lungs. 124
For worms in young children.
125
For swelling of the Cords. 126
For him that cannot hold his wa-
ter. 127
For the head-ach. 128
For griefe of the stomacke. 129
For the itch. 130
A Gargill for a sore throat. 131
A water for Scabs, Vloets, and
Pustles. 132
To make a way to take out all
spots out of cloth of gold or
velvet. 133
To take spots of greafe and oile
out of all sorts of cloth. 134
To take all manner of spots out
of silke. 135
To take spots out of cloth. 136
A remedy for the cough. 137
To keepe Poultrey from decay-
ing with Weasels. 138
A briefe treatise of Venere. 139
To know Vrinet that broken
death. 140

FINIS.

